SWEDEN

FHM

MAY 2022

TIPS FOR STARTUP SUCCESS
ADVICE ON HOW TO MAKE IT BIG IN TECH!

FAME HUNTERS!
EXPERT TIPS TO MAKE YOURSELF FAMOUS

NISSAN'S NEW NAVARA
WHY BIGGER IS BETTER!

REVEALING HER SENSUAL SIDE

Christina Wehry

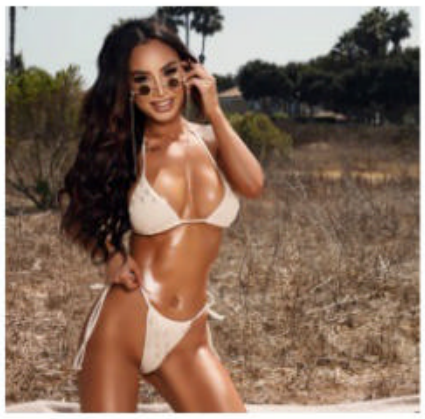
FHMSWEDEN.COM SEK 6.00

08190

9 771562 469000

FHM Sweden is published by Untapped World Publishing (Pty) Ltd in South Africa for Sweden. Material in this publication, including text and images, is protected by copyright. It may not be copied, reproduced, republished, posted, broadcast, or transmitted in any way without written consent of Untapped World Publishing (Pty) Ltd. The views and opinions expressed in FHM Sweden by the contributors may not represent the views of the publishers. Untapped World Publishing (Pty) Ltd as well as its employees accept no responsibility for any loss that may be suffered by any person who relies totally or partially upon any information, description, or pictures contained herein. Untapped World Publishing (Pty) Ltd is not liable for any mistake, misprint, or typographic errors. Any submissions to FHM Sweden become the property of Untapped World Publishing (Pty) Ltd.

CONTENTS 05/22



Danielle Blaquera p12

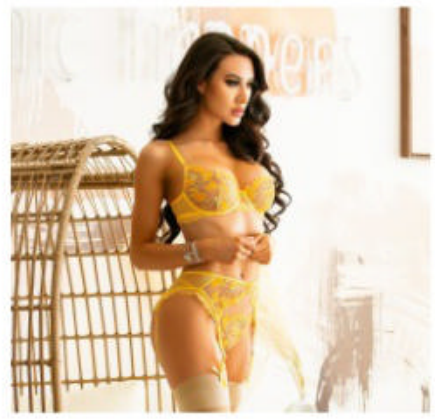
Gotta risk it for the biscuit p30

A Musical Genius p58

On the cover | Christina Wehry p40

Lily Rage p64

Nissan's New Navara p72



Corrie Yee p86

04 FAME HUNTERS!
Expert tips to make yourself famous

08 WORKING FROM HOME
Top laptops for the hybrid era

18 GIMME MORE GORE!
Horror games you've gotta get!

26 WHAT'S ON TV HUN?
Best streaming services out there!

30 GOTTA RISK IT FOR THE BISCUIT
Has being risk-averse robbed us of a ride?

50 THOSE WERE THE DAYS
Why school days were the best days ever!

58 A MUSICAL GENIUS
Ed Sheeran's astonishing success

72 NISSAN'S NEW NAVARA
Why bigger is way better!

76 HYUNDAI'S N-DIVISION
Pokes its crossover with an angry stick

78 GROWING UP, NOT OLD
New Polo GTI is revolutionized!

80 FOR THE MEAT LOVERS!
6 tasty recipes you gotta try!

94 TIPS FOR STARTUP SUCCESS
Advice on how to make it big in tech!

CONTRIBUTING INSIGHTS BY:

MARK CUBAN, DAVID MELTZER & JORDAN BELFORT
AKA THE WOLF OF WALL STREET

ENOUGH OF THE BULL$HIT!

You can have the best talent, product,
or service, but if nobody knows about you
or it, **is it really the best?**

FROM THE MIND OF

ZACK TEPERMAN

THE EXPERTS SPEAK

HOW TO GET FA-MOUS WITHOUT ANY BULLSHIT!

Mark Cuban, Zack Teperman, Jordan Belfort aka The Wolf Of Wall Street and David Meltzer Give FHM Readers Some Advice!

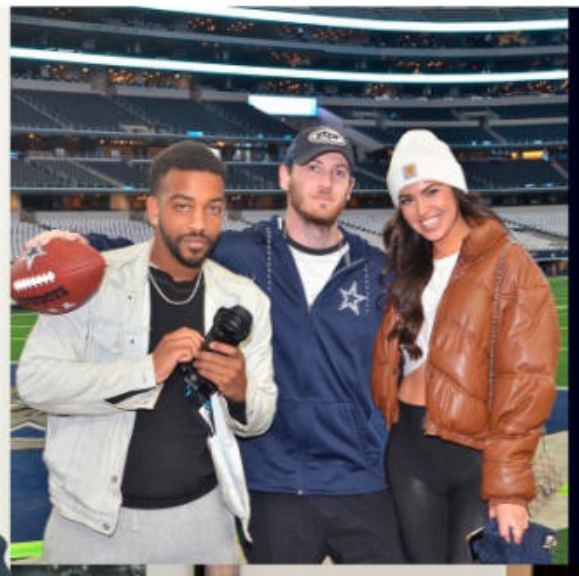
Whether you have a talent, product, company or service that you want people to know about, the main common objective is that you need to figure out a way to get yourself (or product/service) "famous" with the right exposure so that it translates into sales and traffic to whatever it is you are pushing.

Public relations and marketing are the key areas that will help you with these objectives, and one of the world's top publicists Zack Teperman just penned a book called, Enough of the Bull$hit!, alongside masterminds like Mark Cuban, Jordan Belfort aka The Wolf Of Wall Street and big-time CEO, David Meltzer, to help people with tips and action points to get "famous".

On the cover, Teperman asks the main question: You can have the best talent, product, or service, but if nobody knows about you or it, is it really the best?

With this question in mind, FHM spoke to Teperman directly about some quick tips found in the book and strategies we all should use to get the word out and get "famous" if that is what we seek:

As President of a public relations firm for the past decade, potential clients always come to me and ask the same question: "Do I need PR or marketing?" Before I can answer, the next question is: "What is the difference between PR and marketing?" Well, here's the answer: When it comes to marketing, think of it as paying to play; you hire someone to place your company, brand, or product in an ad. Whether that ad is on Facebook or Instagram, on a billboard or in a newspaper, the marketer can provide you with a tangible number of returns. So, say you allot $10,000 for a marketing budget, the firm will be able to estimate your exact impressions/targets, which gives brands a lot of confidence. Whereas with PR, you can't really put a price (beyond a retainer amount) on it, and the exact impressions/targets can be a mix of both instant and long term. PR, or public relations, is all about brand awareness, or in the case of a campaign like a marketing ad, the story behind the actual ad; It is what engages and turns potential customers into a long-term following through brand awareness and brand engagement. Think about it logically, what do you do when you see an ad? For most of us, we're exposed to ads when we're using social media; if the ad stands out enough in our daily scroll, we click on it. What happens next? We seek out the story — What is this brand? Who is this brand? Why is this brand different? What's the background? How does this connect/relate to me? This information can be the difference in turning a curious consumer into an active customer, leading me to my next point: an ad is relatively worthless without context or credibility behind it. This is why I will often say



there are pros and cons to both marketing and public relations, and if you have the budget, both of them can work together. However, if you don't have the budget, it's always better to spend money on public relations first because you need to create your brand (story) before spending your dollars on marketing. To summarize this all, I'll leave you with the differences between PR and marketing at a very basic level: Marketing is a quick spend for a direct result that is more easily measured. PR is an investment for a mixture of both short and long-term success.

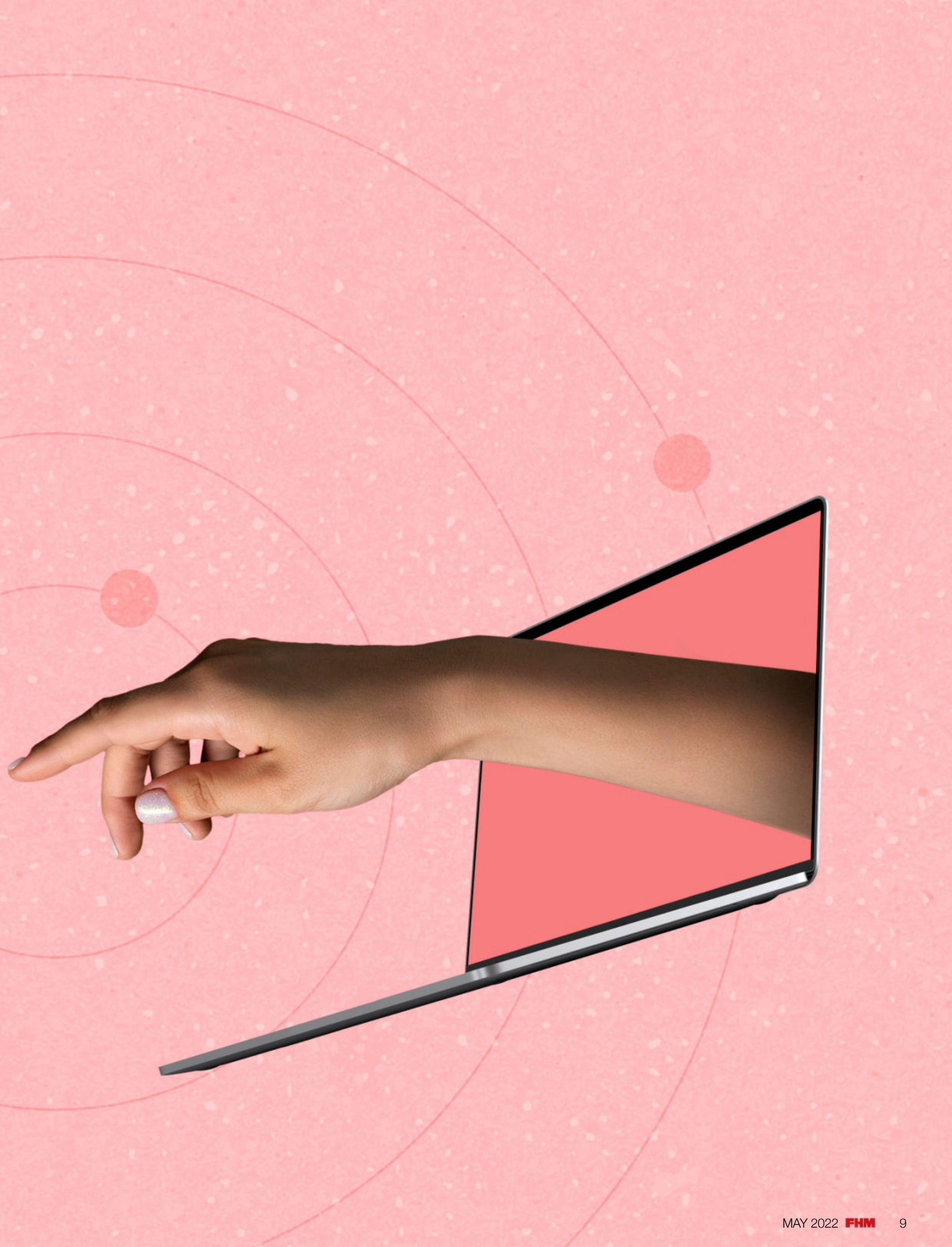
And as for a basic rundown of what people should figure out before getting the PR or marketing train rolling, Teperman gives us this top nine list that is found in his book as well:

1. Figure out what the heck you are wanting to promote and your story behind it.
2. What makes you or your product different?
3. Write a solid pitch that will catch the editor's attention.
4. Don't be afraid to think outside of the box on ideas to make your pitch/story look even better.
5. Connect to people on a personal level.
6. Make sure the timing of when you want to promote is right.
7. Make sure the news for editors and the media is exclusive.
8. Have a social media and content plan in place.
9. The story never ends... Keep the momentum going!

From unauthorized leaked sex tape scandals to shaking hands and hanging out with folks like Kim Kardashian, Megan Fox and Miley Cyrus and all our favorite models and Playmates, Teperman and his team have been around it all. But through it all, these tips and his book are what laid out the skeleton for the proper process to either get the word out, or cover stuff up! The rest is up to you!

THE BEST *LAPTOPS* FOR THE HYBRID ERA.

The world has changed considerably during the last few years, and none more so than people's working habits. With many companies adopting a hybrid system combining office and home/work life, now more than ever a good laptop is essential. Fortunately, we have a list of the best laptops available right now to make your new working hybrid life a smooth experience.



MacBook Air

The new iteration of Apple's Air laptops with the M1 chip is hands down the best laptop money can buy right now. The base model features 8GB of RAM and 256GB of storage and starts at $999. It still includes the 2560 x 1600 screen, Touch ID, 720p webcam, fingerprint sensor, and scissor-switch keyboard, but it's the impressive M1 chip that completely steals the show and turns a rather low specced machine into an absolute beast. It's incredibly fast and can handle the majority of photo- and video-editing workloads, often outperforming most Intel-powered laptops. Even though it has crazy processing power the battery life is still impressive with between 8 and 10 hours of battery life with sustained work. If you're looking for your next Apple laptop or consider moving over from a PC, the Macbook Air is without a doubt the standout in 2022.

ASUS ROG Zephyrus G15

Although the Macbook Air is a top performer, the one area it lacks in is gaming. Fortunately for gamers, the ASUS ROG Zephyrus G15 is one of the best gaming laptops around. As one of the lightest 15-inch gaming laptops on the market, the Zephyrus G 15 is perfect for portable gaming. Powered by the best mobile chips AMD and Nvidia have to offer, this lightweight gaming laptop has power to spare. With its fast 165Hz QHD display, the latest games look incredible and with the procession power you will be running most of them on ultra quality. The battery life is also impressive with over 8 hours of charge and features a best-in-market keyboard and touchpad. For anyone looking for a great portable gaming rig, the ASUS ROG Zephyrus G15 is a fantastic choice.

Dell XPS 13 2-in-1

For those that prefer to have a laptop that features the functionality of a laptop and the portability of a tablet, then the XPS 12 2-in-1 is the perfect solution. Cut from two blocks of aluminum, so it's more durable than a machine that's pieced together. The latest Corning Gorilla Glass 6 is strong, as well as impact and scratch resistance. The stunning HDR 400-certified display enables over 16 million colors that have more depth and dimension than ever before. Plus, an optional and slightly more expensive 4K Ultra HD+ (3840 x 2400) display delivers precise detail and sharp images. The port selection is a bit on the light side but covers the basics and the battery life is above average but for a hybrid laptop, the Dell XPS 13 2-in-1 gets a lot of things right and will satisfy even its harshest critic.

Lenovo Thinkpad X1 Nano

When it comes to traveling around for business, only one thing should matter and that's weight. Introducing the Lenovo Thinkpad X1 Nano, the lightest laptop currently on the market. But just because it's lightweight does not make it lightweight in the specs department. The Intel Evo platform delivers a powerhouse combination of performance, responsiveness, battery life, and stunning visuals. Featuring a 13" Dolby Vision 2K display and delivering expansive views with a 16:10 aspect ratio, the display on the Thinkpad X1 Nano is exceptional compared to competitors. It's also no slouch in the sound department, featuring a Dolby Atmos Speaker System which includes two upward-firing tweeters and two downward-firing woofers that creates an immersive sound experience and four 360-degree far-field mics to ensure you're heard loud and clear during conference and video calls. If you're looking for a reliable business laptop that will feel like nothing in your briefcase, this is the one for you.

ASUS Chromebook Flip CX5

For those that just flat out prefer the functionality of the Chrome OS then the ASUS Chromebook Flip CX5 is a fantastic option and perhaps the best Chromebook to date. The reimagined ASUS Chromebook Flip CX5 delivers the perfect contrast between the Immersive White chassis and the all-black interior, which represents the laptop's incredible blend of seamless entertainment and enhanced productivity. Plus, a unique coating on the aluminum-alloy cover delivers an elegant, ceramic-like texture for a gentle, simple aesthetic. Powered by the latest 11th Gen Intel Core i7 processors with Intel Iris Xe graphics and 16 GB of memory, this Chromebook delivers performance and responsiveness to empower users with the ultimate device for productivity. You get all kinds of ports, including an HDMI and a microSD slot and the speakers sound great plus the keyboard is quite comfortable. The ASUS Chromebook Flip CX5 is absolutely the product to buy if you're looking for a Chromebook with a big screen.

LG Gram 17

Some people out there are fine with a small screen to work off and then you get people like us that believe size is everything. For the big screen lovers out there the LG Gram 17 is a fantastic laptop not only for its incredible screen but also because of how unbelievably light it is. Yet the best feature is the outstanding battery life, with up to 12 hours of constant use. Add a great keyboard, a solid port selection, quiet fans, and a fast processor, and there's very little not to like about this device. Due to its lightweight design and incredible screen, it's the perfect laptop for those traveling who still want that luxury of a big screen on the road.

FHM

Danielle Blaquera

Model @danielleblaquera
Photographer Ryan Dwyer | @letshoot
PR Services @mainstreetproductions
HMUA Bridget Martinez | @bridgetzglam

Such an absolute honour to have you on FHM! What has your journey as a certified bombshell been like so far? Thank you - I'm really happy to be featured with FHM! I'm just your regular girl next door who's really grateful for the opportunity to feature with you!

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? Hands down, my Ohana - my family. They are by biggest supporters, and I just want to represent them and make everyone proud!

Top 3 best moments of your career? (1) When I dropped all my college courses halfway through the first semester and enrolled myself into Beauty School – I really had to prove myself to my parents with this move! (2) I left beautiful southern California and moved across country to Nashville, TN. I didn't have a job, or a living space lined up – I made it by for a few months before my funds got really slim. I had only enough to pay for next months' rent or to go home. I decided to stay, that same month I landed a gig going on tour with a band doing hair and makeup. Living on a tour bus wasn't very glamourous but I got to travel and meet so many people - It was a very unique experience! (3) Opening up my bridal business earlier this year, Pure Essence Beauty Collective. I launched Pure Essence Beauty Collective as a one-stop for future brides to find their glam team for their wedding day, and most recently we just launched our Artist Management division where I have a strong team of extremely talented hair and makeup artists that I now manage. I discovered that many of my peers are struggling to keep up with the growing demand of our industry and I wanted to step up and fulfil that need – as Artists we just want to focus on creating gorgeous looks, not emails and contracts! So, I'm really excited to be providing support for my peers in this way! I have huge aspirations for Pure Essence Beauty Collective and my team!

What is your favourite chill time activity? I'm a huge book worm, I LOVE to read! I just finished 'Untethered Soul' by Michael Alan Singer and just started 'Think Like a Monk' by Jay Shetty. That, or you can find me in the gym.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? Whatever we do, I absolutely LOVE it when my man opens my car door! I don't know what it is, but it absolutely turns me on!

What are, hands down, your absolute favourite things to do? Gosh this may sound silly, but I absolutely LOVE to take naps! It's not very often I get to have a lazy day or rest these days. But let me curl up with my man watching a movie and let me get in a really good snooze – I'm in heaven!

3 ultimate deal breakers when it comes to men? (1) Complacency and laziness – it's a major turn off (2) Disrespect/Cheating – I really pay close attention to how a person treats and speaks to and about others. It's very revealing (3) Clinginess – I really value my alone time and independence and feel like it's important to maintain a healthy relationship

What is currently playing on loop on your playlist? Kaskade – Love Like That

Where can our readers catch up with you and stay updated with your work? The only platform I'm active on is Instagram - @DanielleBlaquera

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Thank you so much for having me it is truly an honor and I'm so grateful for the opportunity! For anyone who wishes to keep in touch and show support I'd like to invite you to join me on Instagram to keep up with all the latest! Until next time

FHM

HORROR GAMES

YOU'VE NEVER PLAYED

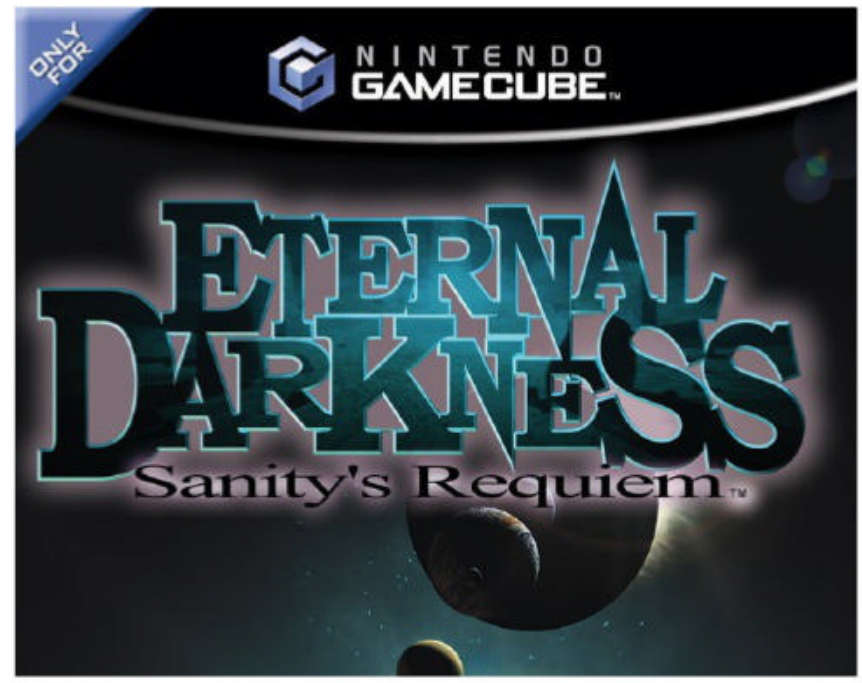
With the recent release of Ghostwire: Tokyo on PlayStation and PC, many feel it will become a cult classic horror video game franchise. Now video games have been no stranger to horror games, with some games seen as all-time classics such as Resident Evil 4 and Silent Hill 2. Yet the video game landscape has so many more amazing horror games out there and here is a list of the horror games you probably haven't played, but definitely should.

Parasite Eve

When one thinks of horror games on the original PlayStation, 99% of players will immediately mention Resident Evil or Silent Hill. Yet Parasite Eve is arguably better than both those offerings. Parasite Eve accentuated body horror unlike any other game before it and featured a wonderfully brutal narrative combined with a brilliant RPG-like combat system. The story follows a New York City police officer named Aya Brea, and her struggle against an ancient evil called Eve, an entity that threatened all life on Earth. Yet Aya has an unbreakable bond with Eve and it's up to the player to try and break the bond and save the world. It was a weird game that scared the pants off of us back in the late 90s and although those PSone graphics are tough to look at these days, Parasite Eve still offers a wonderful horror experience to this day.

Eternal Darkness: Sanity's Requiem

One would not usually associate Nintendo with scary games unless you find Luigi's Mansion scary. Yet the famous Japanese video game giant did have one of the scariest games ever made as a console exclusive back in 2002 on their Gamecube system. Eternal Darkness starts when you learn of the passing of your grandfather. While rummaging through his stuff you come across a book called The Tome of Eternal Darkness, and upon reading it you suddenly find yourself controlling a Roman centurion in 26 B.C. Persia. And this is how the game continues, you find and read a passage of the book in the mansion and then control a series of 11 completely different characters over the course of two millennia. It was a unique structure never before seen in games, yet it wasn't the structure that blew our socks off, it was the bizarre sanity effects that drove us insane. Every time you saw a monster and failed to kill it, your sanity level would drop. If it dropped too far, you started seeing things, like flies walking along the inside of your screen, messages telling you your controller is unplugged when it clearly isn't or a complete system crash of your Gamecube. It was like nothing we have ever experienced, and let's be honest, what is scarier than seeing your favorite console have a system crash.



Silent Hill: Shattered Memories

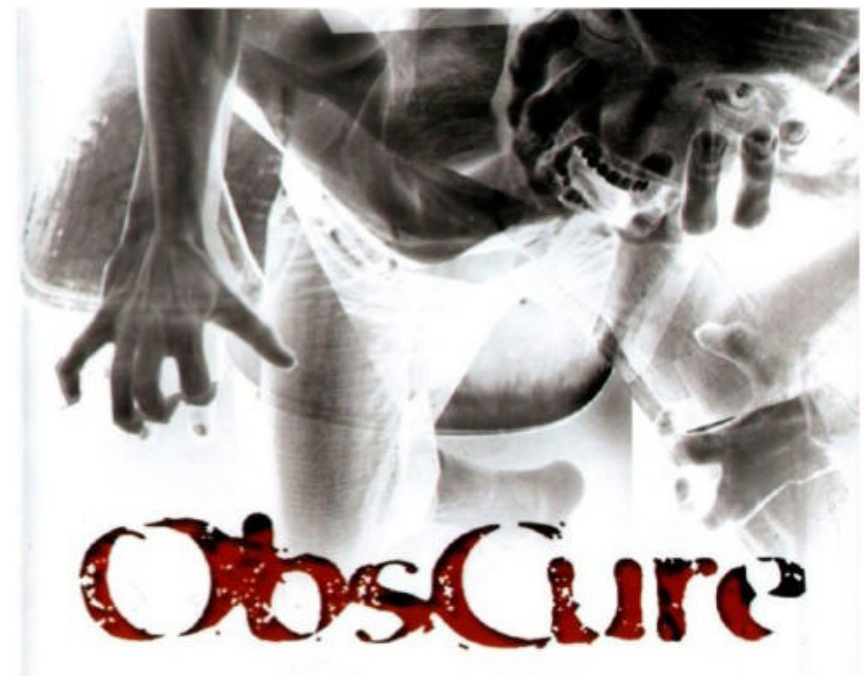
While many people feel that Silent Hill 2 was the last great Silent Hill game, and they aren't wrong, many gamers have overlooked the brilliant Silent Hill: Shattered Memories originally released on the PSP, arguably the second-best Silent Hill game ever made. Silent Hill: Shattered Memories is a re-imagining of the original Silent Hill. Players still control Harry Mason as he searches the eponymous Silent Hill town for his daughter Cheryl. Although some characters and locations may be familiar to long-time fans of the series, Shattered Memories tells its own story with its own game mechanics in the Silent Hill universe. Shattered Memories diverges from past entries in the series in that there are no weapons players can use to fight off the undead. Instead, players must flee through doors and over fences to escape the pursuing enemies. Shattered Memories is seen as a psychological thriller and watches every move the player makes and alters the game according to those actions. The game starts off in a psychiatrist's office, where the players are asked to fill out a brief questionnaire. The game takes the player's answers, and tailors the experience for the player. It was a unique take on the horror franchise and one yet to be re-created. It offered great replayability and is as eerie today as it was back in 2009.

Siren

A PlayStation exclusive back in 2003, Siren was not a fun game to play, its mechanics were janky at best and the actual experience of playing the game soon became tiresome. So why is it on this list then? Well, it is scary as hell. The story of Siren is told through the alternating perspectives of ten survivors of a supernatural disaster in the fictional rural Japanese town of Hanuda. The player gets to jump between the viewpoints of the ten survivors as they desperately try to escape Hanuda and the terrifying Shibito that haunt the town's streets. You don't get to fight these spirits but instead, have to hide from them and evade them at all costs. It's a plodding game that relies way too much on trial and error, but the sense of place and tension it creates is second to none and will cause pants-soiling moments as you hide away from a Shibito that is hunting you down. What it lacks in action it makes up for in tension and scares and although it might not be everyone's cup of tea, if you're a fan of Japanese horror and incredibly tense moments then Siren is definitely worth your time.

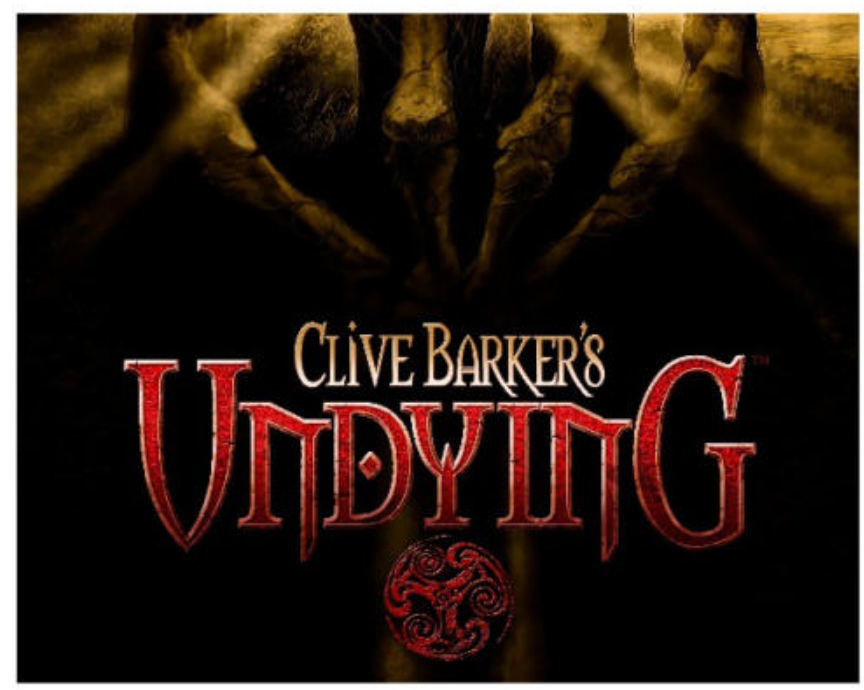
Obscure

In the early 2000s there were loads of Resident Evil clones, hoping to get some attention off the back of the horror masterpiece, some games were pure cash grabs while others offered a truly unique take on the genre. One such game was Obscure, a survival horror game that saw you take control of five American students investigating the mysterious disappearance of their friend. One night after class they decide to investigate the empty halls of their school only to discover a terrifying secret that threatens their very existence as they band together to survive the terrifying night. Between battling unspeakable terrors, you'll be asked to use each student's unique skills to solve a variety of puzzles. Obscure featured five unique characters that each had their own skills and if you loved the 80s horror of Until Dawn then Obscure is a fantastic game to check out and relive some of the cheesy deaths and haunted school halls of the early 2000s.



Clive Barker's Undying

During the 80s and 90s, Clive Barker was one of the hottest horror writers around, with chilling books like Hellbound Heart and The Thief of Always, Barker quickly became the go-to guy for intense horror. Barker however was also a big fan of video games and soon lent out his name and expertise to create horror games. One such game was called Clive Barker's Undying, a horrifying FPS romp of curses, strange, mad creatures, and family dysfunction gone terribly wrong. Step into the shoes of Patrick Galloway as you attempt to banish the evil using your arcane magic and the ever-dependable six-shooter of metal grace. Criminally underrated, Undying featured some of the best shooting mechanics as scariest stories ever to grace the FPS genre and still holds up mechanically and story-wise to this day. If you like your shooting with a strong taste of horror then go download Clive Barker's Undying from GOG right now.

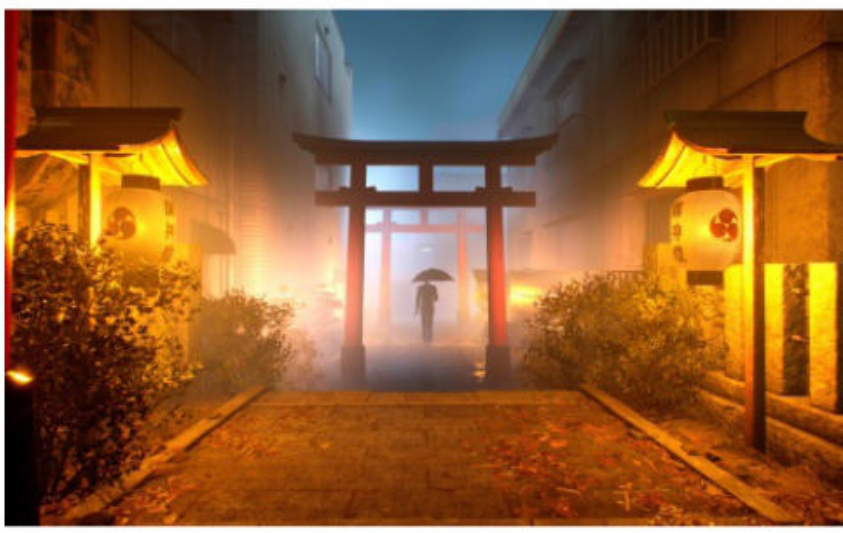


The name Shinji Mikami has become synonymous with horror video games, as the mastermind behind the original Resident Evil series Mikani is revered as a videogames horror auteur. Although Mikami made his name with developers Capcom, it's his studio Tango Gameworks that has become his true passion in life, with the idea to create a studio that will shine the light on the up and coming creatives in Japan to flex their videogame muscles and find a platform to excel. And with the new release from Tango Gameworks, Ghostwire: Tokyo the fruit of his passion has come to fruition. Although Mikami has had little to do with the new horror game, his guiding hand can be felt in every aspect of the game.

Terror is Big in Japan

Ghostwire: Tokyo is an open-world action-adventure game, which is a significant deviation from previous horror games from Tango Gameworks, considering their previous games closely allowed the Resident Evil formula of third-person action. Set in a first-person perspective, players find themselves traversing across the beautiful open world of Tokyo, overrun by deadly supernatural forces, perpetrated by a dangerous occultist, causing Tokyo's population to vanish in an instant. Players are quickly introduced to the main character Akito and the slightly more mysterious KK, Akito's spectral partner. Akito was one of the many victims of the supernatural fog that enveloped Tokyo but KK, being a wraith, had chosen his body as a vessel only to discover that Akito's soul was still in his body. The world Tango Gameworks created is one of the most beautiful representations of Tokyo ever seen in video games. From its ultra-modern cityscape to its traditional temples and narrow alleyways, players will discover a hauntingly beautiful city teeming with Yokai, vengeful spirits that prowl the streets. From iconic landmarks like Shibuya Crossing and Tokyo Tower, frozen in time when the city's population disappeared and players will travel to the surreal underworld on their quest to save their family. Ghostwire: Tokyo's features some incredible combat. Thanks to KK's special abilities, Akito can summon and use elemental energy in a way that blends Naruto's Jutsu hand-signs with the powers and mechanics of BioShock's varied set of vigors and plasmids. Playing as Akito, players will have access to wind, water, and fire abilities, alongside a spiritually charged bow and a handful of other useful traversal abilities to get around the large recreation of the game's titular city, Tokyo, and take down the enemies only known as the Visitors.

Ghostwire: Tokyo is a massive departure for a studio known for their third-person action-adventure games, but it is a welcome one. Ghostwire: Tokyo feels unique and offers players a fantastic world to explore with unique combat skills and an interesting story that will keep players hooked until the end of the game. Although the scares are few and far between and the combat abilities take some getting used to, Ghostwire: Tokyo is a welcome addition to the horror videogames family and definitely worth it if you have been a fan of the Japanese take on horror games.



WHICH STREAMING SERVICE IS BEST FOR YOU?

In 2022, the world has become inundated with movie and tv streaming services, everyone looking at Netflix's success and deciding they want a slice of that streaming pie. So whereas a few years ago you only had a few options to choose from, in 2022 there are almost 50 different streaming services to choose from in the United States alone. So unless you're Jeff Bezos himself, you won't be able to afford all 50, so which one is the best to invest your binging hours into?

NETFLIX
HBO
prime video
hulu
Disney+

HBO Max

During the 90s and early 2000s, HBO dominated the airwaves with its unique programming and cutting-edge TV shows. However, HBO quickly fell behind when other channels started delivering movie-quality series and affordable steaming options. Even though HBO launched its own service which included every HBO show ever created as well as brand new content, it still felt like a niche streaming service. However, after teaming up with Warner Brothers Pictures, HBO Max became the much have streaming service due to its top-tier access to recently released WB movies such as Wonder Woman, The Batman, and Dune. With the added bonus of exclusive DC shows such as the hit James Gunn Peacemaker show and the promise of all future WB movies, HBO Max quickly climbed the ranks in must-have streaming services. Although it is quite expensive compared to other services, the $14.99 you'll spend every month is worth it if you're after quality HBO shows and the latest WB movies.

Netflix

The service that started it all, Netflix is still the supreme ruler when it comes to streaming services. With tons and tons of varied content from comedy specials, documentaries, and exclusive Netflix-only content, it's no surprise that Netflix has over 220 million subscribers. Even though they recently inflicted viewers with a $2 price hike, the quality and quantity the service offers is still second to none. And with Netflix's recent shift to producing original content, it's clear to see that Netflix is relying on its own produced content rather than paying for someone else's. That move has seen some incredible shows come to life such as Stranger Things, and The Witcher series as well as some questionable, yet ridiculously entertaining reality series. Although it has a larger drop-off of licensed content compared to other services, Netflix is still worth every penny just for its original content alone.

Disney Plus

When it was announced that the behemoth that is Disney would enter the streaming service market, many predicted the end of Netflix's dominance, and although that never transpired, Disney Plus very quickly became the second go-to service for families. Since Disney owns almost every IP in existence, Disney Plus offers an incredible selection of Disney back catalog content as well as all the Star Wars and Marvel assets. While having that back catalog is worth the admission price alone, it's the unique content Disney is creating that really catches the eye, from the wonderful Mandalorian series to the unique Wandavision, Disney is proving that it's not afraid to create new content to compete with Netflix. It's also slightly cheaper than its big red rival and if you're a fan of Disney, Marvel, Pixar, and Star Wars then you have no choice but to subscribe. Of course, if none of the above tickles your viewing fancy then Disney Plus might not be for you.

Hulu

One of the original streaming services that took on Netflix, Hulu has gone through some patchy times. Yet the popular US streaming service has found its own unique niche in offering access to most major network shows without the need for investing in an HD antenna or a cable service. It's a unique service not offered by its competitors and does allow Hulu to craft its own special place in the sea of streaming services. However, one minor drawback is commercials. Even with a paid subscription, you have to sit through commercials, but far fewer than if you watched the same shows on cable. Hulu's live TV streaming option is also a solid aspect of its overall package, and that will let you watch CBS too. Although on paper Hulu might not seem like an obvious choice, it still holds its own with over 45 million subscribers, not bad considering Hulu is only available in the US and Japan.

Amazon Prime Video

For those who do most of their shopping online, Amazon Prime is a no-brainer. For $119 per year, you get free two-day shipping on your purchases, a free Kindle book each month, and unlimited access to both Amazon Music and Amazon Prime Video. Like Netflix, Amazon Prime Video is a veritable buffet of movies, television, and original programming, with The Boys being one of its stand-out hits. Amazon also offers a better selection of independent films and is a great platform to find unique and unknown movies. Thanks to a deal with Viacom, which controls Comedy Central, MTV, and Nickelodeon, Amazon Prime arguably is the best streaming service when it comes to comedy and children's programming. The service also offers unlimited access to an extensive collection from HBO's back catalog of classics such as The Sopranos and The Wire. The Prime benefits you get are worth the subscription feel alone.

Fubo TV

So far we have covered movies and series services, but one of the biggest markets out there is sports and Fubo TV is by far the best option for all the sports fanatics. Fubo's standard plan is $64.99 and offers 120-plus channels, including almost every major broadcast and cable network. And unlike other live TV streaming competitors like YouTube TV and Sling TV, Fubo has 4K streaming for select content on-demand. The other knock against Fubo, besides its higher price, is the limited Cloud DVR storage. While Fubo's channel lineup is the largest among the higher-priced streamers, they just got a major pair of gaps filled, including ABC and ESPN. By adding ESPN, Fubo makes itself the top streaming service for NFL fans, offering all the major broadcast networks, and the NFL Network too. In addition, the lineup includes popular networks like NBC, Fox, AMC, Food Network, MTV, and Syfy, as well as a ton of niche sports channels. Although Fubo TV might be lacking in original content, its varied offerings do more than enough to fill that gap.

NICE
FANTASTIC
LIKE
AWESOME
GREAT
EXCELLENT
COOL
MUST HAVE!

THUMBS

Ups

has being risk-averse robbed us of a ride?

By Ian Kirke | Twitter @ianjkirke

Our thumbs are useful for gripping, allowing fingers to click, and acknowledging when things are OK or not so good. I also remember it being used in an elegant metaphor for night shift town center foot patrol when I was a copper in the then concrete jungle of Bracknell's pedestrianized shopping center in the early 1980s: thumb up bum, brain in neutral. In addition to using mine as a tool of last resort for picking my nose, I have also used my thumb to save me money, to meet some weird and wonderful people, and to travel from A to B. The latter uses are all wrapped up in my distant past when I used to hitchhike and these memories have encouraged me, many years later, to question whether our distinct lack of appetite for contemporary risk has robbed us of a forgotten piece of our cultural heritage? I am a great advocate of personal safety but then not everyone out there wants to cause us harm, yet I acknowledge that it only takes one psychopath to extinguish our most vital possession. An internet search will undoubtedly cause a chill to shoot up your spine with the Santa Rosa (California) hitchhiker murders between February 4th 1972 and December 22nd 1973 providing a grisly example. In an attempt to provide a sobering counterbalance, there are numerous other ways to die that are significantly more likely. As a retired connoisseur of this mode of social transport, I did it regularly and thankfully never met a crazed ax murderer, or at least if I did, they must have had a day off.

For your entertainment, I will regale you with my antics with the primary intention of making you chuckle. However, I contend that the more we have been exposed to information when arguably assessing risk should be that much easier to do, the further it has perversely robbed us of a spirit of adventure that has made many dismissive of anything that carries any degree of anxiety. I will leave that decision for you to make at the end of this rose-colored spectacles journey that began in 1979 on the outskirts of Brackley, due east of Banbury and north of Bicester.

On the crest of an educational wave of seven 'O' Levels, I attended the North Oxfordshire Technical College and School of Arts in Banbury, Oxfordshire to study the wonderfully easy stable of 'A-Levels in Pure Mathematics, Physics and, just to emphasize the agony, Applied Mathematics too. I loved Geography at School, but my Dad sold me the dream of becoming a scientist as, according to his parental logic, the country would always need experts. I was such a conformist in those days and traded my love of ox-bow lakes and the awesome power of glaciers for integration and differentiation. The heady days of college were pretty slow burn for a shy young man with prominent front teeth, yet I soon discovered my rebellious streak when I placed an 'F' at the beginning of 'Arts' on one of my college folders. Not exactly a rebel without a cause but nonetheless I felt pretty wicked! I then discovered alcohol, and being tall I looked

a little older, thus getting served at the Horse and Jockey just around the corner from the college was easy. Then I encountered grown-up women and one in particular, Alison. With long dark brown hair, she was a couple of years older and dressed like a hippy. She was so cool that she was the hottest human being that I had ever clapped eyes on. Considering that up to this stage I had never had a real girlfriend, in a conventional manner where you at least hold hands and snog, my love gauge was somewhat deprived of actual field data. My romantic life was somewhat more promising when I was six and Maureen Sullivan, who lived across the street, promised to show me her tits every day if I eventually married her. She broke my heart when she and her family moved to Australia two years later.

Alison drank wine. How classy was that? And smoked too! I mean she really knew how to handle a cigarette in that she inhaled the smoke and expelled it through her mouth and nose! Why was this impressive? Well, I tried to act all grown up but if I attempted to inhale those ghastly fumes I would end up coughing uncontrollably. My solution was to take a drag on my Marlboro, hold it in my mouth for a short time, then blow it out with a confident swagger. When Alison and her friend suggested one day that we go drinking in Brackley, about 12 miles away, who was I to disagree? I was willing to bunk off treble maths too. As I recall she summoned a nerdy guy who had a car and lived that way to give us all a lift there. The afternoon then comprised of drinking, laughing, looking into her eyes from a distance, and drinking some more. The local beer was allegedly brewed with the nearby canal water and the potency led me to the conclusion that they had not bothered to filter out the barge diesel and mud. Come late afternoon we were merry and penniless. The two girls then announced that they would be hitching home. What the fuck was that? Wasn't the nerdy guy coming back with his wheels to finish the commitment? The panic was clearly visible on my face and my fair lady asked if I had done this peculiar act before? I had done some pretty hazardous stuff thus far in my life like traveling on the London Underground on my own and had eaten a Vesta beef curry that my Mum had prepared from a packet without kicking up too much of a fuss but cadging a lift home was in a different league! I didn't even have a ten-pence piece to ring my Mum and ask her to pick me up, yet if this had been possible I figured that Alison would have disappeared from my life forever. Then I reassured myself that the three of us, with Alison at the helm, would be home shortly. The gravity of the situation was of blackhole proportions when the girls shooed me away from their kerbside pitch understandably stating the obvious that no motorist in the history of hitchhiking had ever stopped and picked up three people, unless, I suspect, the party was wholly female. Gingerly holding my thumb out in the classic pose, I waited, waited, and waited some more.

Then a car slowed, and my heart missed a beat, just maybe I would get home in time for tea. As I turned to make for the passenger side door the vehicle kept on going and pulled into the layby where the girls were smiling broadly. I don't know what came over me but like Usain Bolt, I made up the distance, grabbed the rear door handle and I was in along with my much prettier college chums. I had, like the famous Susan Jeffers quote, faced the fear and done it! From then on in for the next four years, I was a hitching junkie, thumbing to several far-flung parts of the country to visit friends and follow my football team Notts County. The following accounts are probably not in chronological order albeit collectively they illustrate the variety of people I met, the scrapes I got into, the ones I avoided but more importantly how a relatively bashful adolescent was exposed to life in an era that didn't seem to rely on a continual reckoning of the inherent threats or vulnerability.

'Ash can man' picked me up in Bagshot, Surrey en route to Bristol to see an old school friend in a flatbed lorry, dropping me at Membury Services between junctions 14 and 15 on the M4 motorway. A pretty ugly-looking chap, he took great delight in talking about his exploits with numerous women and his preference for the 'Ash can'. My own hitching etiquette required me to nod enthusiastically to whatever my purveyor of a free ride was chuntering on an about even if I didn't actually grasp the full meaning. When it dawned on me that he was describing putting his "you know what" in the not so usual "you know where", I was incredibly grateful to see the signs for the petrol station and restaurant. Funny how losing my virginity some years later (with my Julie in Mayrhofen, Austria) encouraged a more libertarian perspective on such matters.
Cocker Spaniel lady was quintessentially British and spoke gracefully about her dogs and how she bred them albeit not as obliquely or crudely as my earlier ride. This was altogether a more pleasant experience and she offered me lemon sherbets along the way. As she bid me farewell at a busy roundabout (the ideal hitching point) she reminded me that her favorite canine was sweet-tempered, intelligent, and easy to train and I should seriously consider having one. I affirmed that I would although forty-one years later I haven't got round to fulfilling this particular promise.

The big juggernauts were the best. Climbing up the metal ladder to the cab after the hissing of the hydraulics had brought those kings of the road to a shuddering standstill was pure theatre. The height afforded the best view ever, but the inside was just as captivating. Many had purpose-built cabins with a TV and single bed and the magic of the open road coupled with the freedom to set up camp virtually anywhere was, for a short time, a compelling career choice. My all-time favorite was a mega truck that had around eighteen gears that the driver magisterially played like a church organ. The only thing I regretted was never eating a Yorkie bar when aboard one of these incredible workhorses.
Hitching a ride to Luton Town football club was relatively easy and I arrived hours before the 3pm kick-off. Chatting to some of the County fans resulted in being offered a lift on the supporters club to the Northampton turn off on the M1.
The day got progressively better as we thrashed the Hatters 1-0 before I gladly climbed aboard a comfortable coach that was surprisingly surrounded by a posse of police motorcyclists.
As we left, the bricks started to bounce off the large coach windows as several home supporters bade us farewell. This was 1980 and football hooliganism was still at its peak. I was dropped

off and managed to get a connecting lift into Northampton also known as the Bermuda Triangle of hitchhiking. I must have been stranded there on at least four occasions, once getting so weary that I entered a local police station and asked to spend a night in the cells where I was told in no uncertain terms by the officer at the desk to Foxtrot Oscar.

A distant relative had visited my parents. I can't recall his name or how he was actually related to me, but I do remember that he was a gob shite Preston North End supporter. On the positive side, he had picked up on my desire to holiday with my mates and suggested that we stay in his caravan just outside Blackpool, offering to give my best mate Robert and I, a free lift all the way. Having learned not to look a gift horse in the mouth I readily accepted and in no time at all we were holed up in a shitty little number on the driveway of this enormous fuck off house. Being joined by a friend from Hereford, who had played it safe with a return train ticket, the Enid Blyton parody of '3 drunks fill the chemical loo' lasted shy of our anticipated ten-day stint since we ran out of money. Beer and chips were aplenty and I happened to lose a few coins on the Golden Mile on the penny slots and the Big Dipper at Blackpool pleasure beach when gravity pushed my ass into my mouth and my pockets full of change scattered across the concourse below. I had done the no money gig before and getting home, with Robert in tow and two suitcases was going to be a doddle. Echo chamber mouth kindly dropped us off somewhere on the M6 where we promptly hid our baggage behind a

road sign and stuck out our thumbs. When the mini stopped we both felt that this may have to be a gracious spurn but give the guy credit he strapped everything in, and we were off. As we edged home and passed the signs for Northampton I breathed a sigh of relief.

I always said that if I ever got picked up in a Rolls Royce I would metaphorically hang up my hitching thumb for good. In Adderbury, just south of Banbury my World Cup winners medal was presented when a gleaming white old-style Roller pulled up and I climbed aboard. It was like entering my Grandma's lounge after she had paid top dollar on a new suite of furniture from Owen Owen, except this had a steering wheel ably caressed by a charming old gentleman donning a cravat. I felt compelled to wipe my feet and hang my coat up although just as disorienting was the noise or the distinct lack of it. My Dad's cars in keeping with most others of the day had engines that didn't shirk from dominating the airwaves and our first car, a Ford Anglia, sounded like Godzilla when it was pumped into action with its choke extending beyond the rear bumper on a cold winters day. This incredible piece of machinery glided like a ballerina executing the most exquisite routine from Swan Lake. On reflection, I think the owner was lonely as before dropping me off at college he stopped at a pub, and he bought me a beer as we continued our conversation about cricket, a sport I know fuck all about.

It is only fitting to conclude with a couple of near misses where I performed the hitchhikers

equivalent of a goal-line clearance both of which started in very mundane circumstances. The battered old Land Rover came to a screeching halt as the evening was drawing in and the yeti of a driver reached over and flung the door open. A few pleasantries followed as he crunched the gears and tried to light his cigarette. At one point I thought his beard was more likely to catch fire but in fairness, he juggled the huge steering wheel, that ought to have been attached to a boat, with igniting his roll-up. Then, without warning, he dropped a gear, killed the lights, and drove straight over a roundabout with such velocity that I instantly pictured the Roger Moore barrel role over a river in the James Bond film The Man with the Golden Gun. Only did I briefly see the blue lights behind in the wing mirror just prior to the thud of the vehicle hitting tarmacadam on the opposite side causing my wisdom teeth to protrude from my ears. He then calmly negotiated some nearby country roads, turning left and right and left again before pulling over and apologizing. His crime? Oh, nothing to sweat the small stuff about, he was simply disqualified from driving.

As I approached the outskirts of Oxford on my way back home to Bicester I gleefully told my temporary chauffeur that any roundabout on the ring road would be fine. He then calmly stated that if the circumstances were right he would take me all the way, coincidentally rubbing his crotch as he did so. Goodness he must have had one hell of an itch as his manipulation of this region of his body became almost industrial in scale. Once the penny dropped and all of my lemons lined up in the fruit machine of my mind, the realization of what 'all the way' actually meant encouraged me to complete my first bailout as traffic flow conveniently slowed.

When I bought my first car in 1982 I did return the favor although I was frankly disappointed with the lack of conversation. I always believed that it was simply manners to engage with the person who had stopped to give me a free ride. On joining the police and having the discipline code forced down my throat I guess I felt less inclined to risk my career should I inadvertently pick up the next Boston Strangler, and so my hitchhiking days fizzled out.

Today I always take a peek at a potential slip road, roundabout configuration, or layby just to carry out a scene recce although I haven't seen an extended thumb in years. Am I right in my initial assertion that life has got that more risk-averse? Do the majority of us still adhere to the five-second rule when food is accidentally dropped onto the floor? Does anyone walk onto a pebbly beach nowadays without Crocs on? When sitting in the back of a car do kids still wind down the window when Mum or Dad is driving at 60 mph to inflate their mouths like giant toads? If not what the hell has happened to the human race and perhaps most importantly of all, whatever became of you my sweet Alison?

FHM

REVEALING HER SENSUAL SIDE

Christina Wehry

Model @christinawehry
Photographer Luis Gomez | Universe137studios.com

Meet Christina, a Holistic Health Practitioner from San Diego, California. She's a doctoral student and enjoys expressing her creative side with modeling.

Were you excited to shoot for FHM? I am very excited by the opportunity to shoot for FHM.

Tell us something surprising about you? I was hit by a bus in 2006 while I was bicycling in Sydney, Australia.

Describe yourself in one sentence. I am a nurturing woman and have a craving for wild adventures.

What are some of your hobbies? I am a water baby at heart. I love surfing, scuba diving, and sailing. I shoot a Springfield XD9 every weekend at a local gun range. I'm starting to learn Cowboy Mounted Shooting and am really excited to compete in it. I also love to cook and host dinner parties.

What is your biggest turn-on? Intelligence and a sense of humor.

What turns you off the most? A couch potato! Let's go do something awesome!

Describe to us your perfect date. I am game for pretty much anything. I'll go skydiving or to a nice restaurant. A date is perfect if we are able to have great conversation, laugh easily together and the time flies by.

What would you consider to be your biggest challenge as a model so far? Food! I love to eat. Keeping myself in check to be camera-ready is by far the hardest part of modeling.

Lastly, what is your life motto? Or a quote that means a lot to you? If it feels right, go for it. If it doesn't, move on. There are too many beautiful places, interesting people, and cool opportunities to be held back by the wrong ones

WAS I EVER RUM-BLED?

Old school reports

By Ian Kirke | Twitter @ianjkirke

The older I get the more I realize that my late dad was right in his assertion that your school days are the best days of your life. I vividly recall how, at the time, I considered how silly this was, since being a school kid was hardcore. I had to do homework, get up early, participate in physical education (to this day I still can't climb a rope, nor have I ever had occasion to need to do so), and, amongst other horrors, sit cross-legged, arms folded on a hard wooden floor during morning assembly listening to Mr. Backhouse whittle on about some shite or other. Adults could do what they liked and had a shed full of money too. Being deluded, even at such a fragile age, is never a reason to celebrate.

If I'm honest, I have never bought into the notion of adulthood. Sure, I have managed to fake it, and rather convincingly so, as evidenced by my rather impressive curriculum vitae – former senior police officer, a post-graduate researcher in criminology, and a local politician. But I am at my most comfortable shouting and jumping up and down at the football and speedway, licking a Mr. Whippy ice cream, saying 'fuck' a lot, and mucking about with my best mate Arthur (my partner's 2-year-old grandson). So, am I unique? Or am I just irresponsible? Did my teachers get it right all those years ago? There was only one way to find out – dig out those old school reports.

After a sweaty experience in the attic, I descended in a triumphant mood. Hidden amongst the other relics of my life – books I have never read, photo albums (who the hell uses them nowadays?), college work, and, pictures that I will never hang again – was the shoebox containing some of my school reports.

Curled and discolored, with evidence of moisture damage making some impossible to read, the dissertation of my school days saw the light of day once again after decades of isolation. From primary school to college. A time capsule of academia, yet with compelling evidence of my personality too. Had my teachers got it right? Had they sussed me out then? And had my core attributes changed? Had I grown up? More of that later! First off, I required some context.

My initial introduction to the psychology of human personality was during my policing days when I became a police trainer and latterly gained a certificate in education, qualifying me to teach in the further education sector. Transactional analysis (theorized by Eric Berne, a Canadian-born psychiatrist) engaged with the child ego state. In a nutshell, our propensity to act, for example, unreasonably, petulantly, disruptively, and often, without inhibition. Blimey, that's me!

The concept of the inner child, a notion that we all have a childish element within our unconscious mind that exists as a subpersonality that often becomes dominant in times of uncertainty, can be traced back to the early twentieth century. Swiss psychiatrist Carl Jung theorized that the unconscious mind was made up of layers, including one that stores our personal memories and life experiences, and another that houses behavioral patterns inherited from our ancestors. The latter observation was underpinned by the fact that babies have an immediate attachment to their mother and are fearful of the dark, and that the notion of good and evil are influential themes throughout history. He argued that these were more than just coincidences and were persuasive of shared genetic memories. This got me thinking. Was there a Court Jester hiding somewhere in my family tree?

Latterly Emmet Fox, a protégé of the New Thought movement, labeled it the 'wonder child,' and in more contemporary times Vivian and Arthur Janov expanded upon the idea in the 70's books 'The Primal Scream' and 'The Feeling Child'. My delve into the history of humankind, as speculated by some of our greatest thinkers, was beginning to chime with my own experiences, although I wondered if I am blessed in being more able to reclaim this unconscious mindset with greater ease. Had age anything to do with it? Probably not I thought as most of the grown-ups I know are firmly stuck in the 'adult' ego state, the one that Eric Berne labeled as, logical, reasonable, unemotional, dedicated, and possibly boring! Fuck that for an existence! I want to spend more time in the sandpit with Arthur, making rude noises, laying on our backs throwing balloons into the air, and doing puzzles!

The dexterity required to complete the Gruffalo jigsaw after being instructed by Arthur to 'SIT!' reminded me of the ancient wooden number puzzle based on the works of the Greek philosopher, Aristotle who, it is claimed, said, "Give me a child until he is seven and I will show you the man." Was this the golden nugget? Was it really all down to childhood, and was my inner child simply more liberated, and was it a true reflection of Aristotle's mantra? This was

the juncture at which to turn to my own personal record of child development and blow the dust off those old-school reports.

Longfields County Primary School, Bicester

Age 8

Mr. Crook was my class teacher, colloquially referred to by my dad as 'Crookie crisps' for some unknown reason. He was, as I recall, a bit of a hippy. Well, he had long hair and that was good enough for my simplistic juvenile view of life.

Crookie commented on my developing skills of the English Language – "Recently Ian has shown an interest in story writing." I had also apparently, "recently written one or two good 'poems'". Considering how my recent journalistic career has blossomed I can relate to this observation, and even during my policing days my literary prowess was best evidenced by an enthusiastic colleague who one day remarked, "Kirkey, you write some quality bollocks!" My postgraduate work also benefitted from this flair.

The bit I wish I had managed to retain – "He can do some very good handwriting" – has deteriorated to such a degree that Egyptian hieroglyphics are probably easier to interpret.

Age 10

A somewhat surprising anecdote about my footballing skills, especially as the game has played such a significant part of my adult identity – "Ian tends to be a little timid in games, especially football, but he is adept on the fixed apparatus." Clearly, I hadn't been introduced to that fixed rope in the first decade of my life. To be fair, I am pretty crap at playing football. I made the Bracknell police team only because I got a great deal in a job lot of Notts County shirts from the club shop, and the boys in blue played in black and white stripes from then on. I once had my name in the local paper after recording a hat-trick. Pity, it was a skillful ringer who played under my registration!

A year later I was still to be spared the terror of the fixed rope – "Although Ian has not shown great

interest in physical activities he works well in movement and on the apparatus." Perhaps this explains why I have a gym membership, albeit the last time I went there was during the last global pandemic (the one before COVID-19). Movement – really? Have you seen me on the dancefloor?

Overall, Crookie I would give you an 'A' grade. You certainly had me nailed, even at such a tender age. Aristotle would have been proud of you.

Cooper School, Bicester
Age 12

Mrs. Garnet was the first to evidence my tendency to wander – "Ian's work in Humanities is up and down, depending on how interesting he finds his conversation to be with his neighbor! He really must settle down to his work more quickly now." Meanwhile, in physical education it was clear that Mr Goodridge had simply written a generic prose about everyone – "Ian has made a good start to this subject, working hard to improve his standard of performance." No mention of the rope you liar!

A year later Mr. Hoyland (Mathematics) reinforced my often-errant communication style – "Although fairly subdued in class discussion on certain mathematical topics he is from time to time found engaging in lengthy and noisy, but nevertheless friendly, exchanges with his pals in the class!!" Who would ever have thought that I would become a police officer, politician, and trainer who once entertained a crowd of over two hundred corporate guests at an event at Alton Towers, the largest theme park in the United Kingdom?

Age 14

Mrs. Andrews (English) who had the ability to write in joined-up letters and words wrote passionately, "Ian is developing well in the third year. He is attentive in class and is developing the writing techniques of the narrative essay, which I am concentrating on this year." A 72% examination result was damned impressive too! Who knew that in the future I would be writing for some of the most iconic magazines in the World? Maybe Mrs. Andrews had a premonition.

Mrs. Jameson (French) remarked that I was "a bit chatty at times" but alas in English only. My grasp of foreign languages is woeful. I am so fortunate that English is an international language. I do know some smutty Iranian phrases, learned in my later years at college while hanging around the rich Persian students who used to give me free Gauloises cigarettes. Surprisingly, I have yet to use these terms in a domestic setting.

Miss Parker's summary of me in music – "Ian has achieved a relatively poor standard and his exam result was disappointing. I think that Ian could do better if he applied himself more" – drew the wrath of Khan from my dad in the parent's reply section: "Is it only Ian who could do better?" With due respect to Miss Parker, 18% typified my lifelong incompetent association with the music scene. Playing the fool is a lot easier than the piano. Then again, I have sung at quite a few Karaokes but can't remember the details as I was drunk.

Age 15

At last Mr. Goodridge came clean! "He hasn't broken any records but continues to work enthusiastically." He must have had some perverse kick in watching that rope beat me every time.

Although this academic record year was one of the worst affected by the damp, the concluding remark from the headmaster Mr. Bellfield was one to cherish – "Very promising."

Age 16

After I had been moved up a set, Mr. Lewis, my mathematics teacher, wrote "Ian has maintained a consistently high level of effort throughout the term so that although he was tackling work of a higher standard than he had previously experienced he produced excellent work at all times, and this was reflected by a fine result in the examination." That year I also won the school mathematics prize and legitimately appeared in the local paper. This made my dad super proud. After he died my mum told me that when my name was called out it was the closest, she had seen him come to crying for an exceptionally long time. Miss you dad. My rational brain, when I care to use it, has continued throughout my adult life and my love for numbers has never dwindled. The application of logic was the reason I attained a qualifying law degree much later in life. My love of averages, especially relating to the speedway, has never dimmed.

Mr. Brodley, was still peddling the bollocks about what went on in the gym – "Overall a good year."

Mr. Rodrigues (Physics) and Mr. Lanham (Geography) were my heroes and when I blew up the microwave in Slough Custody when I was a sergeant, and later clapped eyes on my first ox-bow lake and the mighty glaciers in Iceland, fond memories of both came flooding back.

To my Cooper School teachers, a well-earned 'B+' (which would have been an 'A' if the physical education department hadn't been so dishonest).

North Oxfordshire Technical College and School of Art, Banbury

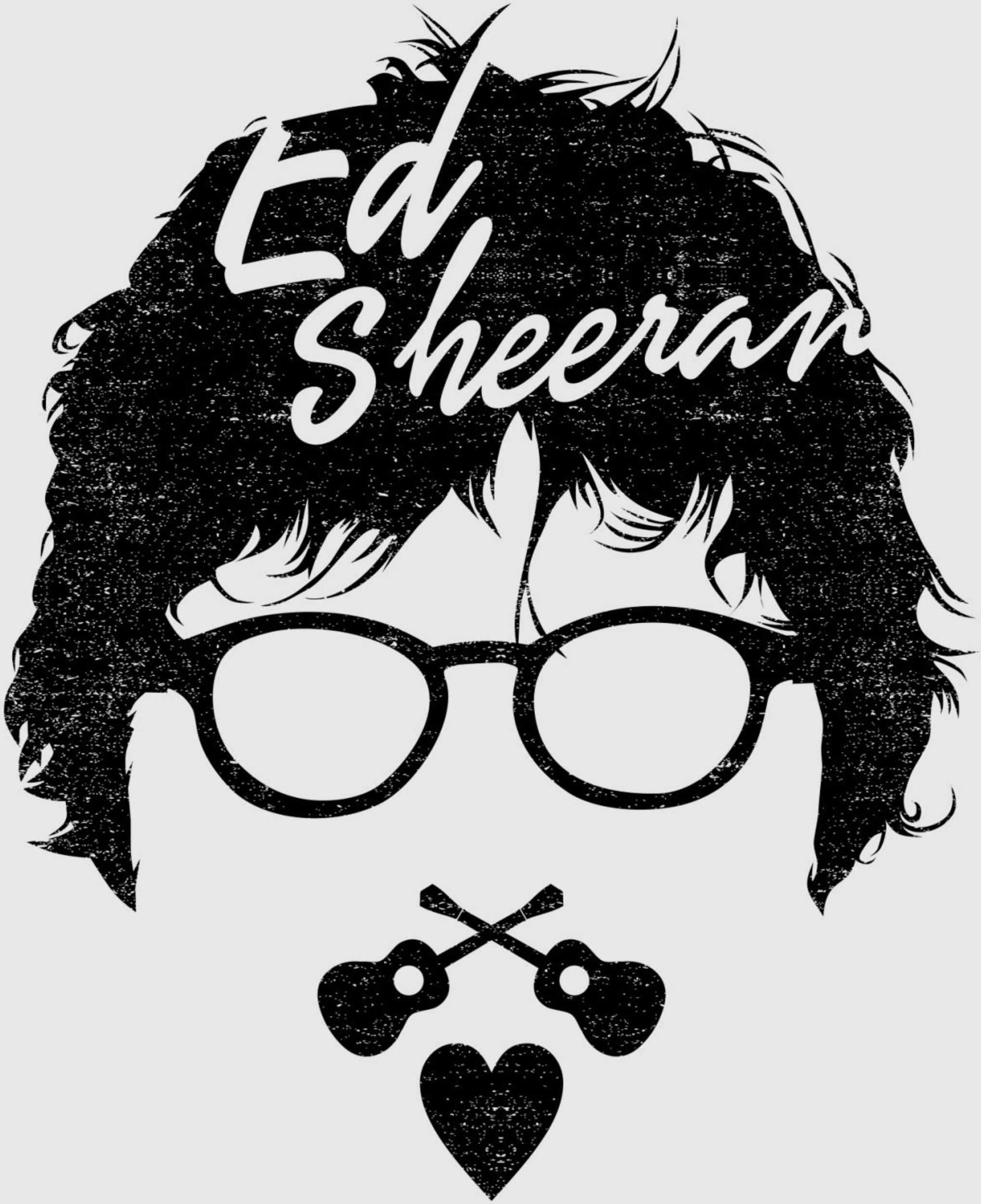
On the crest of an educational wave of seven 'O' Levels, I attended college to study the wonderfully easy stable of 'A' Levels in Pure Mathematics, Physics and, just to emphasize the agony, Applied Mathematics. My love of Geography at school, and my bromance with Mr. Lanham, was snuffed out by my dad who sold me the dream of becoming a scientist as, according to his parental logic, the country would always need experts. I was such a conformist in those days and traded my love of rock formations and coastal erosion for integration and differentiation. The academic equivalent of anal fisting eventually beat me, although the discovery of booze and woman probably didn't help either. Exam results of 33% and 28% for the maths and 31% for physics with an attendance record of 64% in my second year graphically reflected this educational implosion, although my cunning was outstanding since I managed to keep this data from my parents. I never did receive a call from NASA and limped out of college with one 'A' level pass in combined mathematics. On the other hand, I continued to enjoy sex with women and drinking alcohol, so all was not lost.

To my college tutors a 'C' grade, although to George Ware my pure mathematics teacher an 'A+' for honoring the bet, we had during the 1980/81 season when Notts County finished above Chelsea. In fact, to rub salt into his wounds we got promoted to the topflight too!

As I carefully place my school archives back inside the battered cardboard box, I must put out a gleeful shout to those most brilliant teachers who overwhelming sussed me out almost immediately. I hope that in a small way my latter attainment of a teaching qualification pays homage to your perseverance and support. Aren't teachers incredible? And to Aristotle and the other great philosophers you were, in my humble opinion, spot on. And to my chum Arthur keep the magic of childhood firmly alive from hereon in. To everyone else, if the desire is there, you can also reconnect to the best days of your life. Maybe a first step would be to locate your old school reports. If you were agile on the rope there is no need to flaunt this skill in my direction, as you know what? If it takes a rope to reach it, this guy is staying put.

However, the best teachers in my life were my parents and even today my mum still has the ability to educate and inspire me, in between serious bouts of being wholly annoying. Then again, I have learned to be the same to my two gorgeous kids, Lucy, and Adam.

I am at one with the late American poet James Broughton who summed it up quite perfectly – "I'm happy to report that my inner child is still ageless."


Ed Sheeran

THE GINGER GENIUS

Ed Sheeran’s astonishing success

Music is a powerful art form, it has the ability to transform a mood, evoke memories of a long-lost love, and has the power to bring people together. And no artist currently encapsulates all those elements more than Ed Sheeran. The world’s most famous redhead and one of the most talented musicians currently around, Sheeran has transformed the way people listen to music as well as how they perceive the typical rock star look. Of course, Sheeran was not always a superstar who stole people’s hearts, instead, he was an insecure young boy who had to escape the school bullying through music.

From Halifax to Hollywood

Edward Christopher Sheeran was born in February 1991 in Halifax, England. His parents, both working for an art consultancy at the time, also had an older son. Constantly being surrounded by art and creatives, Sheeran took an interest in music at a very young age, joining the church choir at the tender age of 4. Soon enough he would start learning the guitar and at the age of 11 was already writing his own songs. Yet his music was an escape for the young boy as he was bullied constantly at school, mainly for his stutter and oversized glasses. In an interview with Q magazine, Sheeran opened up about the setbacks he faced as a child. "I was a weird little ginger kid, with a stutter, big NHS specs and no eardrum," he said. Sheeran also had a perforated eardrum, which he did not have replaced until he was 11. He was born with a large birthmark on his face that was removed later on by laser surgery. He also dealt with a detached retina, which often gave him the lazy eye effect. Sheeran also suffered from nerve damage as a child during an operation which led to a stutter. His stutter was eventually cured by therapy. Sadly these health issues made him a target at school. Whenever he tried speaking up in class, his mouth would freeze and no words would come out. Other kids were mocking him about this. Soon, he stopped participating and raising his hand at all. Yet these young setbacks would allow the young Sheeran to focus his energies on his music, the one place he felt comfortable. He enjoyed singing in the local church and playing the guitar in his room as this was the only time he felt in control. Naturally, the stigma of being a ginger also didn't help matters, and Sheeran soon realized that ginger men were generally not seen as attractive, and taking action was the only way forward. Yet Sheeran believes being ginger was what saved him as a musician as he recounted to the Daily Mail, "Being ginger can seem like a bad thing when you are young but as a musician, it has been my saving grace – because if you see a ginger kid on TV and there is only one messy-haired ginger kid who plays guitar, it is very easy to find them on YouTube."

Although Sheeran was positive about his appearance, it was his stutter that was proving to be the biggest hurdle. Although attending speech therapy regularly, there was no improvement and the young Sheeran feared that he would stutter for the rest of his life. Then inspiration came from the most unlikeliest of sources. At the American Institute for Stuttering's Free Voices Changing Lives Benefit Gala in New York City, Sheeran revealed that it was another fellow Grammy winner – rapper Eminem – who unknowingly helped Sheeran stop his stutter after a 9-year-old Sheeran's dad gave him Eminem's The Marshall Mathers LP CD. "I learned every word of it back to front by the time I was 10," Sheeran said. "And he raps very fast and very melodically and very percussively and it helped me get rid of the stutter."

Sheeran knew that music was his calling and he had to give it his all to make a living of it. In addition to playing the guitar and writing his own songs, the young pre-teen started performing in various venues. Through sheer determination and undoubtedly bucketloads of talent, Sheeran soon found himself with 12 shows a week. This would continue for the next four years, seeing the young Sheeran playing venue after venue, constantly writing new music and recording and selling his own CD's. However, a 14-year-old Sheeran was frustrated with the lack of further exposure and made the drastic decision to move to London to pursue what he felt was his destiny. With only his guitar in his one hand and his suitcase full of clothes in the other, Sheeran was ready to take on the world.

But of course, life is never that simple and Sheeran found out the hard way that the road to stardom is not a smooth ride. More often than not, Sheeran had to sleep on park benches or in the subway if he couldn't find a kind samaritan to share a couch with. Some nights he would go without food and was on the verge of giving up and going home, but thankfully that never happened. The talented ginger from Halifax would not give up on his dream. In London, he was playing in small venues, producing more of his own

music, releasing albums, auditioning, and doing collaborations with singers he met along the way. By the end of 2009, Sheeran had played in more than 300 shows around the London area. Things were going slowly, too slowly for Sheeran and then 2010 arrived and the talented musician proved that he was not just skilled in singing, but also spotting an opportunity before anyone else. At the time social media was not seen as a self-promotional tool for artists, yet Sheeran immediately saw the value in it. He was posting his videos online making sure he had a strong online presence, this trend continued until one of his videos grabbed the attention of rapper Example, who instantly found a liking in his style and made the call to invite the young boy on tour with him. That helped him grow his online presence more and more, and people across the world started tuning in to his YouTube videos. Soon the media started paying attention to the ginger boy with the guitar and the amazing voice, and some big names and newspapers started mentioning him. Things were happening fast and the name and voice of Sheeran was spreading, but once again being the perfectionist that he is, Sheeran knew he had to make another massive step to reaching his dream of stardom. Once again, the young redhead from Halifax packed his bags and moved across the Atlantic for one last big push to superstardom.

Los Angeles was his destination, the city where many dreams and nightmares come true. And like many other wannabe stars, he arrived without a record deal in place, making it infinitely harder to make it in a city filled with dreamers. He constantly sent his music to anyone who would listen, yet sadly heard nothing back. The American dream was on the verge of turning into a nightmare, yet once again fortune favored the brave. Sheeran was booked to appear on a show by a local radio host, 12 minutes later, and a few songs in, Sheeran was met with a standing ovation from the audience and crew. But more importantly, he really impressed the host of the day, none other than Jamie Foxx. Foxx was so impressed with the young lad from England that he allowed Sheeran to use his recording studio free of charge, Foxx even let the young boy crash on his couch for a few weeks. Little would the ginger boy from Halifax know that his big break was just around the corner.

A song that was written and recorded at his newfound friend's studio allowed Sheeran then time and quality to really flex his musical muscles and the single reached number two on the iTunes charts. Record companies very quickly jumped at the chance to meet with this new boy wonder. Atlantic Records offered the most desirable offer and Sheeran got to work on his very first label

debut album. Atlantic Records' gamble on the teenage boy paid off big time as his debut studio album "+" sold over 102 000 copies in a few weeks of release and later in the year hit the golden million sales mark. Sheeran's debut album would also go on to become the second best-selling debut album in UK history. But the success would not stop there, with successful collaborations with One Direction and Taylor Swift, Ed Sheeran quickly became a household name. His sophomore album would soon follow and in 2014 "x" was released and went straight to the number one slot in both the US and UK. Sheeran would go on to win the 2016 Best Song of the Year at the Grammy Awards, along with a slew of accolades from critics and fans alike.

In less than 7 years, the ginger boy with the lazy eye became arguably the biggest pop star in the world, captivating audiences young and old with his beautiful voice and superb songwriting skills. Ed Sheeran's life story is one of the modern inspiring tales that can bring back the hope in the starving artist and the unpopular kid. He likes to remember the fact that one of the coolest kids from his school later ended up being his plumber. That's why he believes in being yourself rather than following the crowd or hiding your differences, and as the boy from Halifax regularly says, "being weird is a wonderful thing".

Lily RAGE

Models @atlasursamajor
Photographer Pablo B.
PR @ratnipproductions
Graphic Editor @vagabond_art_photography

Such an absolute honour to have you on FHM! What is on the plans this year for you? My plans this year include touring within Canada, attending several Feature competitions including The North American Showgirl Festival, the ED Expo in Las Vegas & Miss Nude World. If I'm lucky, I will be able to fit some more modelling around this.

What are you most looking forward to this year? In the business I'm looking forward to MNW. In my personal life, I'm heading to Paramedic school.

Top 3 best moments of your career? To date it would have been winning the title of MNW Hard Body & most recently becoming a Playboy model. I can finally have a Bunny costume. Coming back to Featuring now as a mother has been nerve wracking, but I've got a huge support team behind me & Ive received nothing but good energy & feedback.

What would you say is your signature look? I definitely am the Girl next door type, but with a rocker flare.

What is the fastest way to get a smile on your face? The fastest way to get a smile out of me is to be kind!

What are some of your favourite outdoor activities? I'm very outdoorsy living in Beautiful British Columbia Canada, so I love hiking & playing soccer.

3 ultimate deal breakers when it comes to men? My 3 deal breakers are Selfishness, cruelty & apathy.

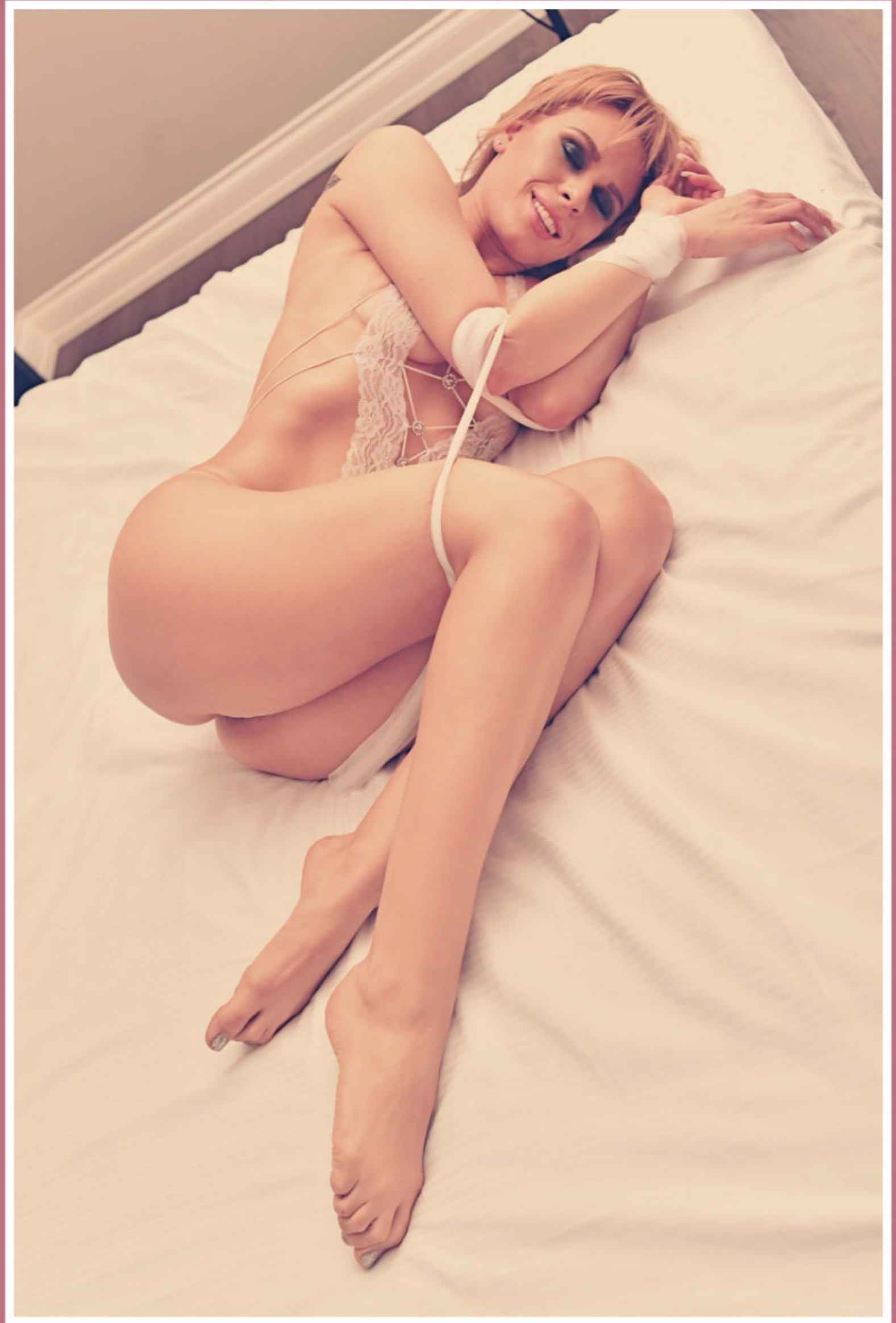
Never have I ever... Never have I ever sky dived?

Top 3 myth busters when it comes to models? Myth buster: People assume we have weak self concept of self, or we're shallow & high maintenance.

What is the best way to approach you as an admirer? I LOVE flowers...impress me.

Where can our readers catch up with you and stay updated with your work? On my which is @atlasursamajor

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Seek your peace and practise gratitude. Every day above ground is a blessing.



NAVARA GOES TO THE GYM...

BUT HAS A MUCH SOFTER SIDE TOO.

Is this the new benchmark for ride comfort?

PRO-4X
All-Terrain T/A
BFGoodrich

The Nissan Navara still holds a lot of clout at enthusiasts' gatherings helped by its ties to Nissan's other range of lifestyle vehicles: If there was an X-Trail or NP200 in the garage, there was always a good chance that a Navara would feature alongside them. Nissan simply knew how to give its customers what they needed and tailor their products accordingly up through the ranks. Now thanks to a sizeable investment in new manufacturing plants, Nissan once again believes it understands exactly what customers want and need from one of the oldest and most trusted nameplates in the world.

Design

The Navara arrived for test just after the Peugeot Landtrek and GWM P-Series – two examples of bakkie styling that introduced some striking concepts and ideas to the recipe. The Navara, particularly when wearing black paint with the back wheels and little splashes of red, didn't feel threatened by either in the slightest. It's arguably the best-styled pickup currently on sale, although we do agree with those who felt that the wheel size looked a bit small and lost in the arches.

Ride and handling

The Navara's big party trick is that its suspension architecture bears a closer alchemy to an SUV than to a bakkie. Rather than those traditional leaf springs – renowned for being strong but harsh – the Navara deploys a more luxurious coil spring setup to allow for a wider range of wheel movement. Better still, it does so without sacrificing payload performance.
The jury is out whether it's a night and day difference out on the road but we could vouch for its comfort when tackling a gravel section, impressed by just how stable it felt at speed and with barely a vibration filtering through and into the cabin. Considering that gravel will probably make up a big part of the Navara's daily diet, one can understand why Nissan thinks it has something of a USP in a tight segment.

Off-road

We thought that the Navara's coil spring suspension might translate into a more agile and capable off-roader compared to its leaf-sprung counterparts but the difference wasn't that noticeable over rocks or through dongas. Ultimately those road-going tires were far more defining of its ability than anything else, followed by reduced ground clearance from those running boards. Nevertheless, the Navara possesses enough off-road tricks and systems like rear differential lock, hill descent control and low range – crucial 4x4 aids that some competitors do lack – to get through most obstacles.

Interior

The Navara's workmanlike background is apparent through the number of hard plastics on the doors and dashboard and as a result, the cabin can feel a little cold and stale. While acceptable on baseline models, we really

expected more of an effort from Nissan to disguise this with some softer patches of leather on the flagship Pro-4X.

The seats meanwhile are fantastically comfortable and provide a cushioned reprieve from the myriad hard surfaces while other touchpoints like the sporty steering wheel are generally of a high quality and texture too. However, it is time for Nissan to ditch the chrome-plated gearshift surround and replace it with a leather boot because it's on these first impressions that the Navara doesn't always send the right message. A deeper storage tray ahead of the gear lever would also prevent loose items from shooting across the cabin during very mild cornering – it's a miracle my smartphone is still in one piece!

Technology

The touchscreen can move between Android Auto and Apple Carplay, which takes a relatively bland operating system and showers it with a shiny, modern overhaul in seconds. Some features are simply absent like lane keep assist and adaptive cruise control but you do get a reverse camera and park distance sensors which, on a big bakkie like the Navara, are relied upon regularly. The Navara also uses these sensors for collision detection (with emergency braking) and rear-cross traffic alert.

Power

In a rare move, Nissan has employed engine upsizing for the latest Navara! In actual fact, Nissan has just returned to the original 2.5-liter 4-cylinder turbo diesel layout after a brief stint with the smaller 2.3-liter turbo diesel. So what sort of power increase can one expect from one of the largest engines in the segment? Best not to get too excited at this point because rather disappointingly, power outputs are identical to that of the smaller engine and still lag behind that of the Ford Ranger.

The engine starts with a bit of rumble and clutter but quickly settles into a refined rhythm 100 meters down the road. Performance is good enough to pull off some sudden overtaking moves in the city and we had no complaints about how the 7-speed gearbox shuffled the cogs around, keeping the turbo wide awake, so much so that at times one can hear it whistling under the bonnet. Whether you're a fan of that is something to consider but throttle response remains sharp and we had to be very careful when off-roading so as not to spin the wheels.

Verdict

Some of the Navara's shortcomings, most notably some cheaper cabin appointments and finishes can be forgiven when it comes to price. Our flagship Pro-4X is a bit cheaper than some rivals. Yes, the Navara doesn't include all those features like an electric roller shutter or heated seats, but it does position it closer to the GWM P-Series and Peugeot Landtrek while boasting a much better ride and far more modern powertrain.

Pawan Dhingara

UPPER-CASE N

Hyundai's N-Division pokes its crossover with an angry stick

To add some supporting artillery to i20 N and i30 N, the team from the Namyang district in South Korea are back and this time they're adding some of that spice into their more conventional crossovers. The latest to undergo the N Division's heart surgery is the Kona N, which should appease the crowd that still like rapid robot to robot acceleration, but also like to sit a few inches higher off the road for greater visibility. It's a tough recipe to nail but based on current market trends, it is one that could finally launch Hyundai's N Division out of that niche corner and into a playing field filled with alternatives like the Mini Countryman S and Audi RS Q3. Yes, Hyundai is taking on the big boys!

There are similarities to the i30 N, notably the 2.0-litre 4-cylinder turbo charged engine pushing power to the front wheels. This time however it goes only through an 8-speed DCT auto which not only makes it a little faster between shifts, but gives the car a little more elasticity around town – this is a family car after all. Power is rated at a competitive 206kW and 392Nm and there's a turbo overboost function once you dial up the driving modes. This is a quick car, and that claimed time of 5.5 seconds to 100km/h feels conservative, but that could also be because my brain is still not quite used to going this quickly in a Hyundai...

It helps that the Kona, even in base guise, is a pretty decent runaround with a sharp-ish chassis and proportions that bridged segments.

Find a set of flowing corners and you

can quickly build a level of trust with a front axle that finds grip thanks to the limited slip differential. The amount of slip it'll tolerate depends on the driving mode, but even on greasy surfaces it doesn't spin away its power in clouds of tire smoke. Not that this should be of any surprise; a few years ago, Hyundai poached BMW's M Division engineer, Albert Biermann, and set up camp at the Nurburgring leaving Hyundai's other products to take care of the finances.

Some of that influence is obvious in the vast quantity of driving modes. Firstly the suspension has three modes (all of them firm), then there are modes for the gearbox and engine (the latter resulting in some more happy pops from the twin exhausts). New however is that these driving modes work in conjunction with the car's cameras – if it sees a road with a few curves, it'll go so far as to encourage the driver to choose a sportier setting. And in a blatant nod to BMW's M Cars, you can store these settings on a little red button on the steering wheel which saves one from diving through the menus each and every time.

The interior pulls off some cheap animations, all in the name of speed. There are flames that flick across the instrument cluster, for instance and the Kona N might just signal the end of traditional needles and dials, replaced by a very digitized system that aims to X-Ray your eyeballs. But it does differentiate itself in meaningful ways too, like the sculpted seats, which are excellent at relaying information as to what the chassis is up to. And if you want to induce some oversteer, Hyundai has left an old school handbrake between the seats. Wink!

And it's precisely this mix of sensible and silly that makes the Hyundai Kona N such an intriguing package, perhaps even more so than the I30 N. It also shows that Hyundai is able to distill its N DNA, across the model range without losing its essence. Now with a hatchback and a crossover under their belt, it's only a matter of time before Hyundai enters the race for a hot SUV. It should be good.

Pawan Dhingara

GROWING UP BUT NOT GROWING OLD

New Polo GTI has been around the block, six times!

If the Kona N's idea of a hot hatch is a little too abstract, you're probably someone who still has a soft spot for the venerable Volkswagen Polo GTI. And you're not alone either in these feelings because in markets like South Africa and the UK, the Polo is among the top five best-selling passenger cars, and every time you get behind the wheel, you understand why. It's well-built, stylish, carries a degree of German polish and even in base form has a chassis that won't go all soggy when you throw a set of corners at its front wheels.

The Polo GTI has been through a number of evolutions, not least of which have been the myriad engines. It's gone up and down in displacement, fettled with both turbochargers and superchargers and manual and auto gearboxes. Problem is, it wasn't ever following what the bigger Golf GTI was doing and if you're a brand trying to save costs by setbacks, you can't afford too many variations.

For the last few years, the Polo GTI has been cuddling up to the Golf GTI, offering a more mature package than previous iterations while still trying to be within budget for those who are entering the hot hatch scene for the first time.

Styling tweaks for this latest sixth-generation are clean and upmarket while including VW's latest Matrix lighting technology at each corner - so besides some theatrics on start-up, you're also able to see deep into corners and spot those hidden roadsides with laser-like precision. It sits a little closer to the

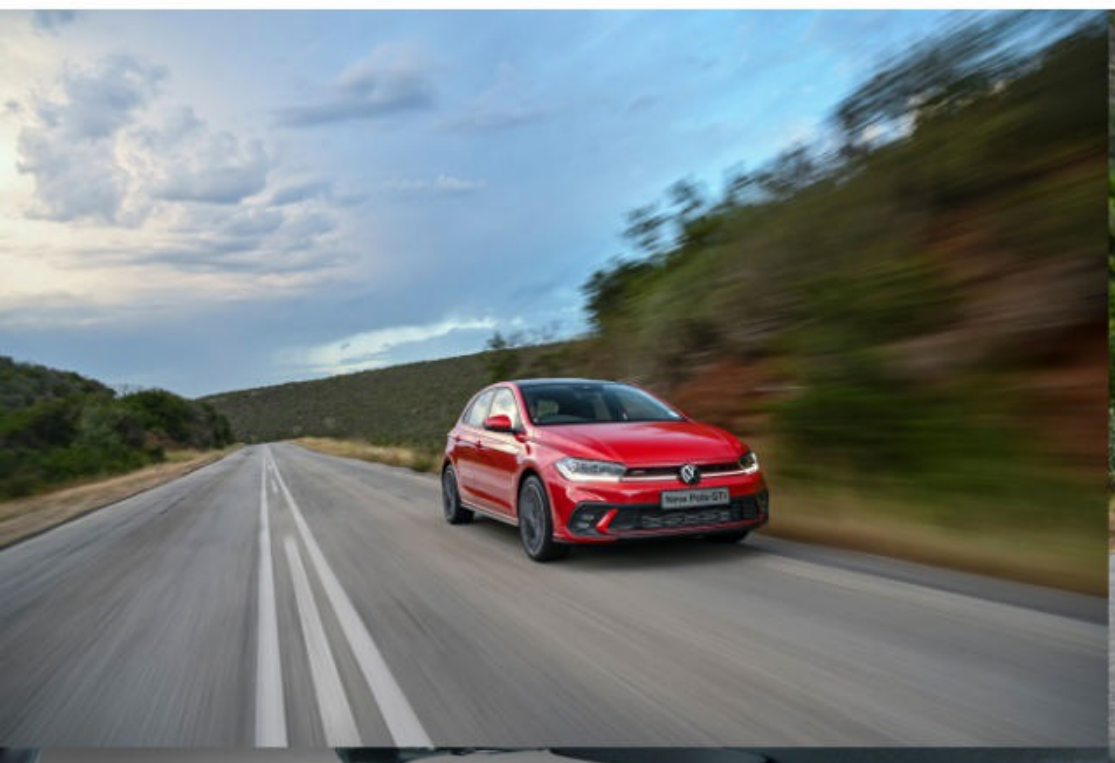
tarmac (15mm to be exact) and VW has given it some new 17-inch wheels along with twin pipes. It's also one of the first times you'll see VW's new corporate badge with GTI spelled out just below it. The upgrades might not seem significant on paper, but they endeavor to strike a sweet balance between the car's more fluid personalities.

However, it doesn't take long for the hooligan to come out, maybe a sign that the Polo GTI perhaps doesn't always gel with this façade of being a grown-up hatch quite as easily as the Golf. Grip the high-quality leather steering wheel with its new multimedia controls and you'll soon be wanting to try those various driving modes designed to further sharpen noise and response from the 2.0-liter turbocharged 4-cylinder engine. With launch control activated, the Polo GTI will go from a standing start to 100km/h in 6.7 seconds. That's not far behind the Golf GTI's time, while the Polo's smaller footprint just makes the whole experience feel punchier and with more room to flick it around.

Attracting the youth however is no longer just about tossing around performance numbers. The cabin needs to have the latest technology, chiefly a way to mirror smartphones onto its digital screen and personalize it with apps. The Polo GTI of course does all this through a similar touchscreen to the one found in the Golf GTI. It all results in a very minimal look, that comes alive at the touch of a button and definitely gives us confidence that it'll still handle next-gen devices and apps for many more years before it begins to feel outdated. Even the climate control system employs a slick touch-sensitive stripe rather than buttons or dials.

The Polo GTI has led an interesting life but it no longer feels like it's trying to be the understudy to the Mk1 GTI – that job belongs to the UP! GTI. Instead, it's grown up and moved in time with those who perhaps bought the original Polo GIi but now have a small family and a mortgage but will also want to activate Sport mode when nobody's looking...

Pawan Dhingara



Something Poultry

The new year is finally here and we're making these last few off-days count! This month's tasty food theme is chicken and we're getting ready to prepare some mouth-watering starters followed by a tasty main and an even-better dessert that'll be the perfect treat for that special someone in your life - or just a cool way to start the new year. So, wipe the kitchen counter, get out the chopping board, and let's get cooking!

CHICKEN SALAD *WITH A TWIST*

Prep time: *5min*
Cooking time: *10min*
Servings: *2*

Ingredients

- 3oz (90g) lettuce or baby spinach

For caramelized onion

- 1 tbsp olive oil
- 1 red salad onion
- 1 tsp honey
- 1 tsp balsamic (optional)
- 1/4 tsp salt
- 8-10 rosa tomatoes
- 1 Pomegranate or 3oz (90g) pips
- 1 handful of almonds
- 1 handful macadamias
- 1 orange cut into wedges
- 8-10 raspberries
- 4-5 fresh rosemary leaves removed from the stem
- 1 baby avo or 1/2 big avo

For pan-fried honey and thyme chicken fillets

- 2 chicken fillets tenderized
- 1 tbsp raw honey
- 1/4 tsp onion powder
- 1/4 tsp dried thyme
- 1 pinch of salt and ground black pepper to taste

For pan-fried honey and thyme chicken fillets

- 2 tbsp olive oil
- 2 tbsp raw honey
- 1 lime juiced
- 1/2 tsp salt

Instructions

Start by frying the onion in a bit of olive oil.

Once golden brown, add the salt and honey and allow to caramelize.

Remove from the pan and set aside for later use.

Then make use of the same pan for the chicken breast and fry on both sides till the meat is white before starting with the seasoning - this will ensure the chicken remains tender.

First, drizzle the chicken with honey, then dust with onion powder, sprinkle with thyme and lastly ad some salt.

Turn the fillets around and repeat the steps for the seasoning.

Finish off with ground black pepper (optional).

Once cooked, add the onion back into the pan to absorb the remaining juices.

Make the salad with all the ingredients provided, except for the avo - add that last to your plate after you have served your portion.

Add the chicken to the salad the way you prefer - whole, sliced, diced or even pulled.

Sprinkle the onion over the top.

Mix the salad dressing and pour it over at the table.

Serve and enjoy!

SESAME-CRUSTED ROAST PEPPER AND CARAMELIZED ONION QUINOA SALAD

Prep time: *10min*
Cooking time: *30min*
Servings: *1 large salad*

Ingredients

Caramelized onions

- 1 tbsp olive oil
- 2 large onions diced
- 1 tbsp honey
- 1 tsp salt

Quinoa

- 2 cups of quinoa
- 4 cups of water
- 1 pinch of salt
- 1 tsp dried parsley

Sesame-crusted roast pepper

- 3-4 bell peppers – red, yellow and green peppers cut into wedges
- 1/2 tsp salt
- 1 tbsp olive oil
- 1/4 tsp ground black pepper
- 1 tbsp raw honey
- 2 tsp sesame seeds

Garnish with almond flour and fresh rosemary

Instructions

Preheat oven to 390F (200C).

Prepare a baking tray with nonstick spray.

Cut peppers into wedges.

Place on a baking tray, drizzle with olive oil and raw honey and season with salt and pepper and sprinkle with sesame seeds.

Roast in the oven set to 390F (200C) for 30 minutes.

In the meantime, dice the onion and fry in olive oil.

Once cooked, drizzle with honey and season with salt and allow the honey to caramelize over medium heat.

Set aside once done.

Cook the quinoa as per instruction on the packet.

Once the peppers are done, transfer quinoa into a salad bowl, top with pepper and caramelized onion, sprinkle with almond flour and garnish with fresh rosemary before serving.

BEAN SALAD WITH A CARAMEL CHILI-LIME DRESSING

Prep time: *10min*
Cooking time: *15min*
Servings: *4*

Ingredients

- 3oz (90g) baby spinach
- 3oz (90g) young asparagus - grilled for 15 minutes at 390F (200C) with olive oil, salt, and ground black pepper
- 1 red chopped pimento pepper or red pepper diced
- 1 red salad onion
- 2oz (60g) almond flakes or sprinkles
- 1 heaped tsp fresh garlic
- 2 cans butter beans washed and drained
- 2 limes juiced
- 1 tsp caramel essence
- 1/4 tsp chili flakes
- 1 tsp dried parsley
- 1 tsp salt
- 1/4 tsp ground black pepper
- 3 tbsp raw honey
- 3 tbsp olive oil
- 1oz (15g) freshly chopped chives

Instructions

Preheat oven to 390F (200C).

Prepare a baking sheet with nonstick spray.

Place asparagus on the sheet, drizzle with olive oil and season with salt and ground black pepper.

Place in the oven for about 15 minutes or till cooked to preference.

Heat a pan over medium heat.

Add a drizzle of olive oil and fry the onion, pimento pepper, almond flakes, and garlic till the pepper and onion are cooked and the almonds are toasted.

Allow to cool off slightly before adding the beans.

Be careful not to stir too much as this will ruin the appearance of the beans.

Add the oven-grilled asparagus

Mix all the sauce ingredients together and pour over the bean mix.

Refrigerate for at least an hour to allow the beans to cool off properly.

Serve with baby spinach as a base and enjoy as a meal or as a side

HEALTHY ALMOND FLOUR CHICKEN SCHNITZEL

Prep time: *10min*
Cooking time: *20-25min*
Servings: *4*

Ingredients

- 1 cup almond flour
- 2 heaped tbsp sesame seeds
- 1 heaped tsp fresh garlic
- 1/2 tsp fine salt
- 2 heaped tsp onion flakes
- 1 heaped tsp dried parsley
- 3 tbs honey
- 4 large chicken fillets tenderized
- 4 eggs beaten
- 4 tsp olive oil
- 1 pinch paprika for garnish

Freshly chopped Italian parsley for garnish

Instructions

Preheat oven to 390F (200C).

Prepare a baking tray with foil and nonstick spray.

Tenderize the chicken breasts.

Seal the breast with honey on each side.

For the crumbs: mix the almond flour, sesame seeds, fresh garlic, salt, onion flakes, and dried parsley.

Whisk the eggs.

Start by rolling the chicken breast in the crumbs so it sticks to the honey, dip it in the egg then roll in the crumbs again and then place onto the baking tray, repeat with all the breasts.

Bake for 20 minutes.

Remove from the oven, drizzle with olive oil and sprinkle with paprika and place back into the oven for another 5 minutes.

Serve warm with a side of your choice and enjoy!

MINT BROWNIE BISCUITS

Prep time: *20min*
Cooking time: 10-*15min*
Servings: *16-20 biscuits*

Ingredients

- 10oz (300g) chopped dates
- 8oz (240g) raisins
- 5oz (150g) almond flour
- 2oz (60g) ground flax seeds
- 3 tsp caramel essence
- 4 tbsp cacao
- 1 tsp cinnamon
- 1 pinch of salt
- 1 tsp peppermint (or orange essence as an alternative)
- Almond flour to sprinkle biscuits with
- Raw honey to drizzle over biscuits once they've been removed from the oven after baking
- Edible glitter to decorate with once cooled off

Instructions

Preheat the oven to 375F (190C).

Prepare a baking tray with baking paper.

Soak the chopped dates and raisins in hot water for 10 to 15 minutes.

Drain and mash.

Then add the almond flour, caramel essence, cacao, cinnamon, salt, and essence.

Mix well.

Tip: To avoid the mix from sticking to your hands, spray your hands with nonstick spray, once it starts building up, wash your hands and spray with nonstick spray again.

Start rolling small balls by taking a heaped tablespoon of the mix and rolling it into a ball.

Place it on the baking tray and push down with a fork.

Repeat till the whole batch is done.

Dust with cinnamon and bake for 10 minutes at 375F (190C).

Remove from the oven, drizzle with honey and sprinkle with almond flour and let cool.

Store in an airtight container in the fridge for maximum shelf life

FHM

ONE HOT MODEL
CORRIE YEE

Model | @corrieyee
Photographer Lee LGHFX | @lee_lghfx
PR by LA Media Group | @la.mediagroup

Corrie Yee is an American model and business woman. She is a self-made woman who grew up in a small town in New Mexico. She models for some of the fashion world's top brands such as Popsi Lingerie, Mouawad Diamonds, Honeybirdette, and she has graced the covers of many magazines.

FHM

Such an absolute honour to have you on FHM! How has the year been for you? 2022 is off to a great start for me personally. I am feeling excited about the future. My modeling career has taken off, I've been traveling a lot, and I've started a new business - a modeling agency, and I'm very excited about that too.

What are you most looking forward to this year? I am most looking forward to traveling and traveling with my mother! We are planning a special mom/daughter trip and I'm mostly looking forward to that. One of my favorite things in the world is visiting a country I have never been to before. I love new experiences, meeting new people, and experiencing different cultures.

Top 3 best moments of your career so far? Getting the cover of FHM! This has been a dream of mine for a long time, and I'm so excited about it - so definitely, this very moment. Another one was when I reached over 1 million followers on Instagram, and thirdly, starting my own modeling agency.

What was on your resolution list? I didn't set a specific goal for 2022, and I generally don't make New Year's resolutions. I'm always striving to do better, to learn more, and to grow as a person.

When it comes to goals and ambition, what are some of the things that keep you focused on getting there, what is the driving force behind it all? The driving force behind it all is my personal goal of being the best I can be in the world of modeling, and I'm passionate about helping others reach their full potential and dreams. For a long time, I've wanted to mentor younger girls and help them understand this industry, and most importantly, how they can work safely in this industry.

What are some of your favourite outdoor activities? I'm not really an outdoor person. I do like to go hiking, I enjoy the beach and tropical settings. And I like yachting - if that counts.

3 ultimate deal breakers when it comes to men? Three deal breakers are small dicks, jealousy, and cockiness.

Never have I ever... Never have I ever done porn.

Top 3 myth busters when it comes to models? Models eat all the time, and we sometimes eat pizza, hamburgers - all that stuff. You can't eat that every day and stay fit obviously, but we do enjoy meals on the set and when we go out. We are not starving. At least I'm not and neither are the girls I've worked with. Another myth might be that modeling is easy, and it's not. It's hard, demanding work. You also need to have thick skin and be able to handle rejection and criticism. It's also very competitive. The third myth buster is that models are a certain type of woman. That simply isn't true. Models are a varied group of women. There isn't a "type" in this industry, so the stereotypes just don't apply.

What is the best way to approach you as an admirer? The best way to approach me is to simply smile and say hi. I like anyone with manners and etiquette.

Where can our readers catch up with you and stay updated with your work? Follow me on Instagram, my website, or FHM.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Stay positive, think happy thoughts, be kind, stay humble and appreciate what you have in life.

MAKE YOUR VIRTUAL THOUGHTS A REALITY

TIPS TO SUCCESS IN THE TECH WORLD!

We all have ideas for new apps, platforms, etc., but there is a big difference between thinking of something and making that some-thing into a reality.

Sam Krichevsky and Sarah Figueroa are the young boyfriend and girlfriend co-founders of Geojam, a new platform that has been trending upwards since its launch, which brings fans closer to their favorite stars. But before it took off, it was just a concept. And the way they built it can be a blueprint for how others take on the massive technology industry with their own ideas... whether you are male or female!

We need to first ask. You are both dating, but why should more 'partners in life romantically' team up and create businesses together, as you both did with Geojam? Entrepreneurship is not a career, it's a way of life. When you devote yourself to your company, its mission, and goals there usually isn't much time left for a personal life or it takes a backseat. Also, unless your partner is an entrepreneur as well its hard for most people to wrap their heads around the fact that your company and your career consume your mind and time. We're very lucky to have each other for support through life in all things business and personal. It isn't always easy, but if you can handle spending that much time together it's very rewarding.

What do you do when you get on each other's nerves? Who wins the fights usually? When you spend as much time together as we do its easy to get on each other's nerves sometimes. When that happens, we will usually work from different parts of our HQ and understand the needs of each other for space. Sarah definitely wins the fights ;)

What is the first thing you each do every morning as part of your routines? Sam's morning routine consists of taking the dog for a walk and doing some prayer/meditation. Sarah starts her days with a ride on her Soul Cycle bike and matcha.

Sarah: As a female in the tech world, which has been male-dominated for many years, how has that been? It's been exciting. As a woman, it feels like being part of a new frontier. I have always seen it as an advantage and opportunity to bring a fresh perspective to the industry. Sometimes, I feel like a fish out of water, but early on I accepted that I was going to have to work 10x harder. We think differently, I encourage more females to join the tech space. You'd be surprised how many incredible male mentors and partners will support you because of that.

How important is social media to the success of your company? Well, since we are a social media platform... it's everything. It's the way we connect with our community. And community is at the heart of our company. Today, people want to know who is behind a company, project, or brand. They want to know who they are supporting and what they believe. As entrepreneurs, it's so easy to put your personal brand on the back burner. It wasn't until recently that Sam and I realized that in order to succeed we must be relatable and build up not only our company's social identity but ours as well.

Tell us the 5 quick tips for success that any young business owner should know?
1. Believe in yourself.
2. Surround yourself with people smarter than you that you can learn from everyday.

3. Not all money is equal. Pick your investors wisely.
4. Timing in life is everything.
5. Product/market fit is vital to the success of a startup.

What do you wish you knew before you started your company that you know now? Entrepreneurship is a roller coaster. Lots of people won't be there for you during the downs, but they will love you when you are on a high. Choose your partners & advisors wisely. Remember who was there for you in the tough times, because those are truly your biggest supporters.

Who have been some of your favorite celebrities and artists to work with? Mariah Carey is one of the most brilliant and creative people that we have had the pleasure of working with. Her ideas and vision are incredible. 24kGoldn is an innovative young artist and creative that is very passionate about his fanbase and willing to do almost anything to connect with them in new and exciting ways.

FRANCK MULLER
GENEVE

ECJ LUXE
COLLECTION

4521 Sharon Rd. Suite 101 Charlotte, NC 28211
ChrisW@DiamondsDirect.com (704) 295-9190